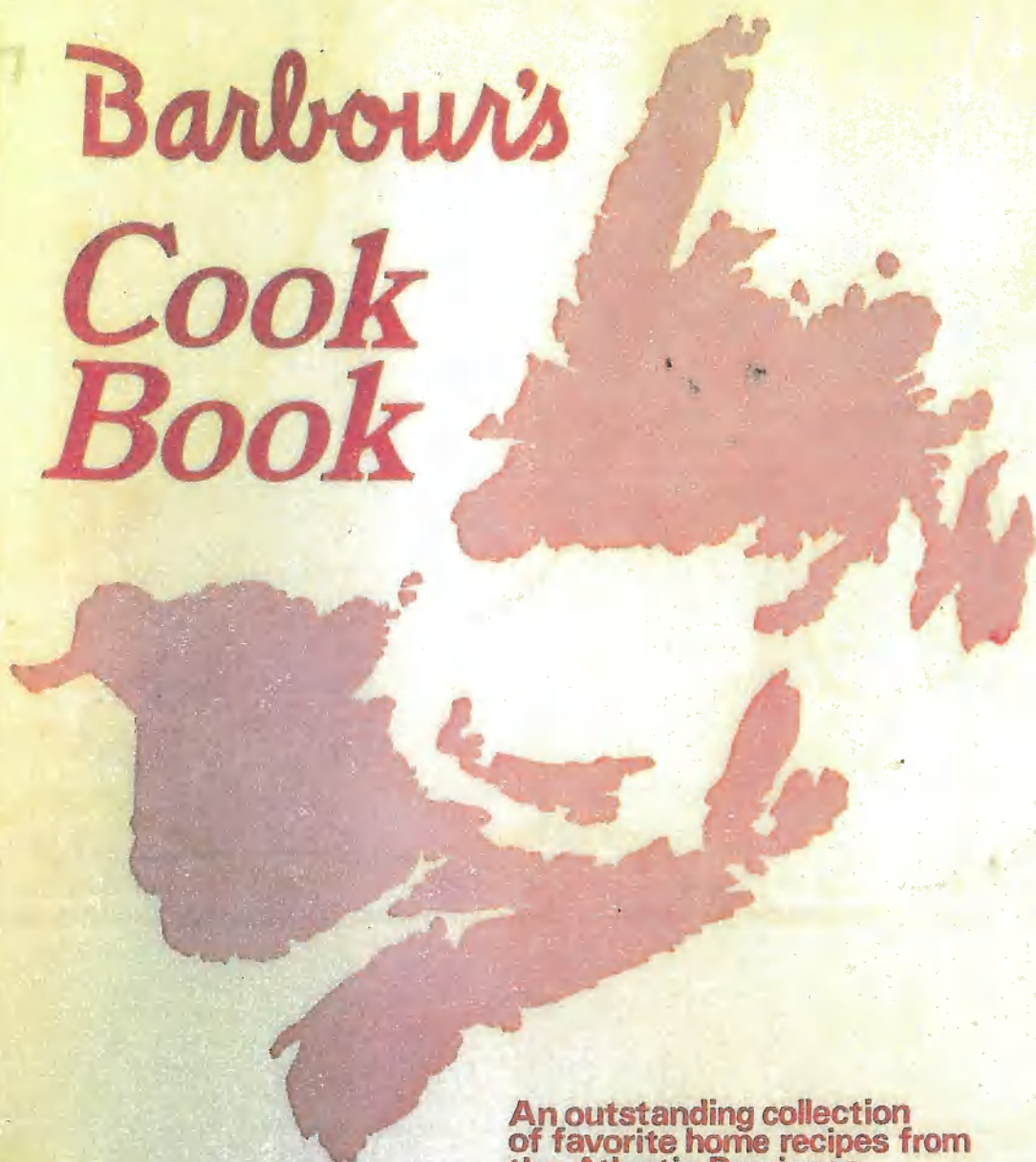


Barbours Cook Book



An outstanding collection
of favorite home recipes from
the Atlantic Provinces

3rd. EDITION

Barbour's
**COOK
BOOK**

Barbour's BARBOUR'S COOK BOOK

Tried and Tested Recipes

Cakes

All measurements level unless otherwise stated

*"With weights and measures, just and true, oven of even heat;
With buttered tins and quiet nerves, success will be complete."*

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BURNT SUGAR CAKE

$\frac{1}{2}$ cup butter creamed, add gradually
 $1\frac{1}{2}$ cups sugar; yolks of 2 eggs; 1 cup
water; 2 cups flour.

Beat 5 minutes; add 3 tps. burnt sugar
syrup; 1 tsp. vanilla; $\frac{1}{2}$ cup flour.

Beat thoroughly; add salt. Stir in care-
fully 1 tsp. soda, 2 tps. Acadia baking
powder. Add well beaten white of 2 eggs.
Bake in layers in moderate oven.

—Mrs. Clinton Trafford

SPANISH BUN

$\frac{3}{4}$ cup sugar; $\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup milk;
4 egg yolks; 1 tsp. soda; 2 tps. cream of
tartar; 1 tsp. ginger; 1 tsp. cloves; 1 tsp.
lemon or vanilla; flour enough for soft
dough.

Method: Cream butter and sugar, add
yolks of eggs; then milk and spices; put
soda and cream of tartar in flour. Make
soft dough and cook. Then take whites of
eggs beaten stiff, add $\frac{1}{2}$ cup sugar, spread
on top of cake, put in oven and brown.

—Mrs. Frank Lovely

EGGLESS CHOCOLATE CAKE

$1\frac{1}{2}$ cups of sugar; $\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup
sour milk; 1 tsp. soda; $\frac{1}{2}$ cup cocoa in
enough boiling water to make a good half
cup when dissolved; 2 cups flour; 1 tsp.
vanilla.

—Mrs. Earl L. Brown

—Mrs. Lloyd Wiggins

PORK CAKE

1 cup finely chopped fat pork; pour
over 1 cup boiling water; 1 cup sugar; 1
cup molasses; $\frac{3}{4}$ cups flour; 1 cup raisins;
1 cup currants; 1 tsp. soda; 1 tsp. cinna-
mon; ginger and nutmeg. Bake slowly.

—Mrs. G. Rickard

MACARON CAKE

First Part: $\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup sugar.
Cream well together. 3 egg yolks beaten;
1 tsp. vanilla or lemon; $\frac{1}{2}$ cup sweet milk;
1 cup flour; 2 level tps. Acadia baking
powder; pinch of salt.

Mix and spread on buttered pan.

Second Part: Whites of 3 eggs, beaten
stiff; $\frac{1}{2}$ cup sugar folded in; 1 cup shredded
cocoanut.

Spread second part over first batter.
Bake in moderate oven about 40 minutes.

—Mrs. R. W. L. Bartle

—Mrs. Wilfred Corey

LAYER CAKE

(No Filling or Icing Needed Between)
 $1\frac{1}{2}$ cups sugar; $\frac{1}{2}$ cup shortening (part
butter); 4 eggs; $\frac{1}{2}$ cup sweet milk; $2\frac{1}{2}$ cups
cake flour; 2 level tps. Acadia baking
powder; 1 level tsp. salt; 1 tbsp. lemon or
vanilla; $1\frac{1}{2}$ squares chocolate.

Method: Cream shortening until light
and fluffy. Gradually cream in sugar, salt
and flavoring. Add whole eggs, one at a
time, and cream until light. Alternate sifted
flour and Acadia baking powder with milk.
Beat well. Take off $\frac{1}{2}$ of the batter and to
this add melted chocolate for the middle
layer. Put together while warm.

—Mrs. Wasson Bridges

OVERSEAS CHOCOLATE CAKE

Cream $\frac{1}{2}$ cup shortening with $1\frac{1}{2}$ cups
brown sugar. Add 2 eggs singly beating.
Add 2 sq. (3 oz.) melted unsweetened
chocolate. Sift 3 times $1\frac{1}{2}$ cups flour, 1
tsp. soda, $\frac{1}{2}$ tsp. salt. Add alternately with
1 cup milk. Mix 1 cup chopped dates,
1 cup diced marshmallows, $\frac{1}{2}$ cup flour;
add 1 tsp. vanilla. Bake in 2 1-lb. coffee
cans or $10\frac{1}{2}$ inch tube pan in moderate
oven 1 to $1\frac{1}{2}$ hours.

—Mrs. Roy Briggs

MOCK POUND CAKE

1½ cups sugar; ½ cup butter (cream together); 3 eggs (add one at a time); 3 cups flour, sifted three times; ½ cup milk, fill up with hot water, add alternately with flour. To ½ cup milk; add 1 tsp. cream of tartar; ½ tsp. soda; 2 tps. lemon; ¼ tsp. salt. Bake in a deep pan for one hour in a slow oven.

—Mrs. Holly Wilcox

WHITE CRUMB CAKE

1 cup sugar; 2 cups flour; 2 tps. Acacia baking powder; ½ tsp. salt; ½ cup butter; 2 eggs; ½ cup milk; 1 tsp. vanilla. Combine sugar, flour, salt and Acacia baking powder with butter and work until a fine texture. Save out ½ cup crumbs for top of cake. Then add milk, eggs and vanilla to remainder, beat until smooth.

—Mrs. Paul Clarke

RIBBON CAKE

1½ cups sugar; ½ cup shortening (half butter and half shortening); 2 eggs; 1 cup milk; 1 tsp. soda; 2½ cups flour; 2 tps. cream of tartar; vanilla.

Take out one half for dark part. Add 1½ tps. molasses; ½ cup raisins; ½ cup nut meats; 1 tsp. cinnamon; ½ tsp. cloves; ½ tsp. nutmeg; 1 tsp. vanilla. Bake in three layer tins in quick oven. Put together with filling.

—Mrs. Talmage Foster

CHOCOLATE MARSHMALLOW CAKE

Custard Part: 1 cup brown sugar; ½ cup grated chocolate; yolk of 1 egg; ½ cup milk; salt.

Stir all together and cook thoroughly in double boiler, stirring constantly. Add 1 tsp. vanilla and cool.

Cake Part: 1 cup brown sugar; ½ cup butter; ½ cup milk; 2 eggs; 2 cups flour. Cream butter and sugar, add well beaten egg yolks. Sift flour and add alternately with milk, then add custard and the stiffly beaten egg whites. Add 1 tsp. soda dissolved in a little warm milk. Bake in moderate oven in two parts.

Marshmallow Filling and Frosting

1 cup brown sugar; 1 tsp. vanilla; ½ cup warm water. Boil until it forms a soft ball in water. Pour over ½ lb. marshmallows; add 2 egg whites stiffly beaten. Beat until cool. Spread on and between cake.

—Mrs. Arthur K. Burpee

CHOCOLATE CAKE

1 cup sugar; ½ cup shortening, creamed well together; 1 egg well beaten; 3 tps. cocoa made to a paste with a little hot water; 1 cup milk; 1 tsp. soda; 2 tps. cream of tartar, or 3 level tps. Acacia baking powder; 2 cups flour; sift these together well. Bake in a slow oven and cover with fudge frosting.

—Mrs. Allen Palmer

LAYER CAKE

Break 2 eggs in a cup, fill cup with sweet milk; add 1 cup sugar; 5 tps. melted butter; 1½ cups flour; 1 tsp. soda; 2 tps. cream of tartar and flavoring. Method: Put all ingredients in mixing bowl at once and beat well.

—Mrs. B. C. McIsaac

PINEAPPLE FRUIT CAKE

½ cup butter; 1 cup white sugar; ½ tsp. salt; 2 eggs (well beaten); 3 cups flour; 2 tps. Acacia baking powder; 1 lb. raisins; ½ lb. cherries; 1 tin crushed pineapple. Strain pineapple and add last. Cream butter and sugar, add salt and eggs, then part of flour with Acacia baking powder; then raisins, cherries and pineapple and work in remainder of flour. Bake 1½ hours in slow oven.

—Mrs. Henry Crockett

CHEAP FRUIT CAKE

2 cups brown sugar; 2 cups hot water; ½ cup shortening; 1 lb. raisins; ¾ cup of dates cut fine; ½ tsp. all kinds of spices; 1 tsp. salt. Let come to a boil for 5 minutes; when cool add:

1 beaten egg; 2 tps. soda; 1 cup nut meats; 2½ cups flour; add cherries if you like. Bake in moderate oven 40 minutes or until done.

—Mrs. George Elliott

CRUMB CAKE

2 cups flour; 1 cup white sugar; ½ cup butter. Rub to crumbs; take out 1 cup of crumbs. Mix rest with:

1 cup sour milk; 1 tsp. soda; 1 tsp. cloves; 1 tsp. cinnamon; 1 egg; 1 cup raisins; 1 cup currants. Sprinkle the cup of crumbs on top of cake and bake.

—Mrs. R. L. Stickney

LIGHT FRUIT CAKE FOR CHRISTMAS

½ lb. butter; ½ tsp. salt; 1½ cups white sugar; 1 cup milk; 3 cups flour; 1 tsp. Acacia baking powder; ½ lb. almonds; ½ lb. mixed peel; ½ lb. candied cherries; 1 lb. white suet raisins; 5 eggs beaten separately; 1 tsp. lemon extract.

Cream butter, add sugar gradually, creaming well, add well beaten eggs. Before starting to mix cake, blanch and chop almonds, chop peel and candied cherries. Wash raisins and sift one cup of the flour over fruit, peel and nuts. Add milk to butter, sugar and egg mixture. Sift remaining two cups of flour with Acacia baking powder and salt. Add to mixture, then add fruit to cake batter. Beat egg whites stiff but not dry and fold in with the lemon extract into cake batter. Bake in moderate oven two hours.

—Mrs. W. F. Sweet
—Mrs. John Kinney

DRIED APPLE CAKE

1 cup butter; 1 cup sugar; 2 eggs; 1 cup sweet milk; 2 tps. soda; 4 cups flour; 2 cups sour dried apples chopped fine, soaked over night, drain and stew in a cup of molasses; 2 tps. cinnamon; 1 tsp. cloves; ½ tsp. nutmeg and a little black pepper.

—Mrs. Howard S. Tompkins

DARK RAISIN CAKE

2 cups brown sugar; 2 cups hot water; ½ cup lard or shortening; 1 pkg. of raisins or less; 1 tsp. cinnamon; 1 tsp. cloves; 1 tsp. salt. Boil 5 minutes. When cool add 3 cups flour, 2 tps. soda.

—Mrs. Huntley DeGrass
—Mrs. Rupert Long

FRUIT CAKE

1 cup butter; 1½ cups sugar; ½ cup molasses; 5 eggs; 1 cup milk; 2 tps. soda; 1 tsp. cinnamon; ½ tsp. cloves; ½ tsp. allspice and a little nutmeg; salt; flour to make a thick batter; 1 cup strawberry preserves; ½ lb. citron, lemon and orange peel; 4 lbs. raisins; 2 lbs. currants.

Directions: Beat the butter until very creamy, add sugar, molasses, beat eggs, then add soda dissolved in milk; sift cream of tartar with flour; add spice, then cup of strawberry preserves, and citron, lemon and orange peel, then fruit. Steam 3 hours; bake ½ hour.

—Mrs. Russel Coughle

DARK FRUIT CAKE

1 cup butter; 1 cup brown sugar; 2 cups flour; 2 tps. cinnamon; 1 tsp. nutmeg; ½ lb. candied peel; ½ lb. blanched almonds; 1 cup molasses; 1 cup fruit juice; 6 eggs; 1 tsp. cloves; 1 tsp. mace; ½ tsp. soda; 2 lbs. raisins; 2 lbs. currants; ½ tsp. salt.

Sift the salt, soda and spices with one cup of flour and use the rest to dredge the fruit. The fruit juice may be grape juice. Cream the butter and sugar, add beaten egg yolks and beat well. Add flour, fruit, molasses, fruit juice and last of all the beaten egg whites. This amount makes two loaves. Steam 3 hours, then dry off in a moderate oven. Two pans 8 x 4.

—Mrs. George E. Arbo

FRUIT CAKE

2 cups brown sugar; 1½ cups butter; 2 cups molasses; 1 cup sour milk; 5 eggs; 1 tsp. soda; 1 tsp. cinnamon; 1 tsp. cloves; 1 tsp. nutmeg; 1 tsp. ginger; 1 tsp. allspice; 4 cups of flour (or more if needed) 1½ lbs. raisins; 1 lb. currants; ½ cup chopped nut meats; salt.

—Mrs. W. A. Clark

REFRIGERATOR FRUIT CAKE

Suit ½ lb. pitted dates, ½ lb. figs, ½ lb. small pieces marshmallow with scissors. (Dip scissors in confectioner's sugar now and then when they get sticky). Add 1 lb. chopped walnuts, ½ tsp. salt; 1 tsp. orange rind, and 3 oz. pkg. candied cherries or mixed fruit peel. Mix in 1½ cups rolled graham crackers or vanilla wafer crumbs. Then work in 1 cup heavy cream whipped. Line deep round pan with waxed paper. Shape mixture into round cake. Coat with ½ cup more crumbs. Press firmly into cake pan. Cover with waxed paper. Chill overnight in refrigerator. Turn out. Remove paper. Slice at table. Serve with foamy sauce or whipped cream. Serves 12.

—E. T. Shaw

NUT CAKE

½ cup butter; 1 cup brown sugar; 2 egg yolks; 1½ cups flour; 1 cup nut meats; 2 tps. Acacia baking powder; 1 tsp. vanilla; ½ tsp. salt; ½ cup milk.

Cream butter and sugar, add yolks, sift dry ingredients three times, add to first mixture with milk, lastly chopped nuts and well beaten whites of the 2 eggs. Bake in moderate oven.

—Mrs. Charles Answorth

THREE FLOWERS CAKE

1 cup butter; 2 cups sugar; 4 eggs; 1 large cup warm milk; $\frac{3}{4}$ cup cornstarch; $\frac{1}{4}$ cup bread flour; 2 cups Swans Down flour; grated rind 1 lemon; scant tsp. Acacia baking powder.

Cream butter and sugar well and eggs well beaten—cream again, add alternately milk with sifted flour and baking powder. Firmness of cake depends upon beating. Bake 1 $\frac{1}{2}$ hours.

—Mrs. Edward Milley

SPONGE CAKE

4 eggs; 1 tbsp. cold water; $\frac{1}{2}$ cup boiling water; 1 cup white sugar; 1 $\frac{1}{4}$ cups Swans Down Cake flour; 1 tsp. vanilla, salt, lemon or almond; $\frac{1}{4}$ tsp. cream of tartar; 1 tsp. Acacia baking powder.

Method: Beat whites and $\frac{1}{2}$ tsp. cream of tartar. Beat yolks, add salt and 1 tsp. cold water, add sugar slowly, then hot water, beating all the time. Sift baking powder in first sifted flour three times, add to cake batter, putting in whites last.

—Mrs. Murray Nicholson

FRUIT CAKE

1 cup white sugar; 1 cup butter; 1 cup strawberries (preserves); 5 eggs beaten; $\frac{3}{4}$ cups flour; $\frac{1}{4}$ tsp. soda in a little tea or coffee; $\frac{1}{4}$ cup molasses; 1 $\frac{1}{2}$ lbs. raisins; 1 $\frac{1}{2}$ lbs. currants; $\frac{1}{4}$ lb. citron; 1 $\frac{1}{2}$ cups walnut meats; $\frac{1}{4}$ lb. dates; $\frac{1}{4}$ lb. figs; $\frac{1}{4}$ tsp. allspice; $\frac{1}{4}$ tsp. cinnamon; $\frac{1}{4}$ tsp. nutmeg. Steam 3 hours and bake slowly 1 hour. This makes 2 loaves.

—Mrs. Jack Gregg
—Mrs. K. McDougall

MAPLE WALNUT CAKE

2 egg yolks; 1 cup brown sugar; 1 cup milk; $\frac{1}{4}$ cup shortening or butter; 2 cups flour; 2 tps. Acacia baking powder; vanilla; salt; 1 cup nut meats.

Beat egg whites and add last. Bake in layer cake tins.

—Mrs. W. G. Craig

NUT CAKE

$\frac{1}{4}$ cup butter; 2 cups sugar; 1 cup flour. Beat until smooth. Add 2 eggs well beaten; 1 cup milk; 1 tsp. soda; 2 tps. cream of tartar; 1 tsp. lemon; 1 cup chopped nut meats; $\frac{1}{4}$ cup chopped raisins; 2 cups flour; $\frac{1}{4}$ tsp. salt.

Mrs. J. Merrill Foster
—Mrs. Verian Robinson

WHITE FRUIT CAKE

1 cup butter; 2 cups sugar; 3 eggs; $\frac{3}{4}$ cups flour; 1 cup milk (warm); 1 $\frac{1}{2}$ tps. Acacia baking powder; 1 tsp. salt; 1 tsp. vanilla; $\frac{1}{4}$ lb. glace cherries; $\frac{1}{4}$ lb. pineapple (red, green, yellow); $\frac{1}{4}$ lb. almonds.

Cream butter and sugar well; add eggs one at a time, beating after each. Add milk alternating with flour. Add fruit and bake two hours.

—Mrs. Ansel Moore

WHITE NUT CAKE

2 cups sugar; 1 cup butter (scant); 1 cup sweet milk; 3 cups Swans Down flour; $\frac{1}{4}$ tsp. soda; 1 tsp. cream of tartar (or 3 tps. Acacia baking powder); 1 cup chopped nuts; whites of 5 eggs well beaten.

Method: Sift flour once, add baking powder and sift together three times; cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy; add flour alternately with milk, a small amount at a time. Beat after each addition until smooth, add vanilla and chopped nuts; fold in egg whites. Bake in moderate oven.

—Mrs. Geo. H. Sutherland
—Mrs. W. D. Anderson

NUT CAKE

$\frac{1}{4}$ cup butter, or butter and Flakewhite; 2 cups sugar; 1 cup pastry flour; 3 eggs; 1 cup milk; 1 tsp. lemon flavoring; 2 tps. cream of tartar; 1 tsp. soda; 1 cup nuts; $\frac{1}{4}$ cup raisins; 2 more cups flour.

Cream shortening, sugar and 1 cup flour well. Add eggs one at a time. Sift soda and cream of tartar with a little flour.

—Mrs. C. F. Margison

SOFT MOLASSES CAKE

1 cup sour cream; 1 cup molasses; a little shortening; 1 tsp. ginger; 2 eggs; 1 tsp. cinnamon; 1 tsp. salt; 1 tsp. soda. Flour to make batter.

—Mrs. R. W. L. Barle

APPLESAUCE CAKE

2 cups brown sugar, 1 cup shortening, creamed; 2 cups unsweetened apple sauce into which two tps. soda have been dissolved; 1 tsp. salt; 1 tsp. nutmeg; 1 tsp. cinnamon; 1 cup raisins; 3 cups flour. Bake in moderate oven 1 hour.

—Mrs. Hugh S. Hunter

TOASTED SPICE CAKE

$\frac{1}{4}$ cup butter; 2 cups brown sugar; 1 $\frac{1}{4}$ cups sour milk; 2 $\frac{1}{2}$ cups flour; 2 egg yolks; 1 tsp. soda; 1 tsp. Acacia baking powder; 1 tsp. salt; 1 tsp. each cinnamon, cloves and vanilla.

Cream butter and sugar. Add beaten egg yolks. Sift all dry ingredients; add alternately with milk.

Top of Cake

1 cup brown sugar (sifted); $\frac{1}{4}$ cup chopped walnut meats; salt. Beat egg white; add sugar; beat until well blended. Add nut meats. Spread on top. Bake 45 to 60 minutes in moderate oven.

—Mrs. Roy Hemphill
—Mrs. Lloyd Greenlaw
—Mrs. Vinal Derrah

GUM-DROP CAKE

2 eggs; 1 cup sugar (white); $\frac{1}{4}$ cup butter; $\frac{1}{4}$ tsp. salt; 1 cup gum-drops (no black ones); 1 cup white raisins; 1 tsp. Acacia baking powder; 1 cup milk; 2 cups flour.

Cream butter and sugar, break in eggs one at a time and beat well. Sift flour with baking powder and salt. Add gum-drops cut in bits and raisins. Cook in funnel pan. Let cake ripen a week before using.

PLAIN WHITE CAKE

1 cup butter; 1 $\frac{1}{4}$ cups white sugar; 4 egg whites only; $\frac{1}{4}$ tsp. almond extract; 3 cups flour; 4 tps. Acacia baking powder; 1 cup milk.

Beat butter and sugar till very light, then add the stiffly beaten egg whites; sift the flour and baking powder four times, add to the mixture. Add the milk gradually, a little at a time. Bake in a loaf pan 40 minutes.

—Mrs. Dora Price

WONDER CAKE

2 cups sifted Swans Down cake flour; 2 tps. cream of tartar; 1 tsp. soda; $\frac{1}{4}$ tsp. salt; $\frac{1}{4}$ cup butter or shortening; 1 cup sugar; 1 egg unbeaten; $\frac{1}{4}$ cup milk; 1 tsp. vanilla.

Method: Sift flour once, measure; add cream of tartar and soda and salt. Cream shortening, add sugar gradually. Add egg and beat well. Add flour and milk in small amounts; add vanilla. Bake in greased pan in moderate oven 350° F. for 50 minutes.

—Mrs. Emma DeWare
—Mrs. Ewerette Robinson

WATERMELON CAKE

$\frac{1}{4}$ cup butter; 1 cup milk; 1 tsp. lemon flavoring; $\frac{1}{4}$ tsp. salt; 1 cup sugar; 2 cups flour; 3 egg whites; $\frac{1}{4}$ cup raisins; $\frac{3}{4}$ tps. Acacia baking powder; $\frac{1}{4}$ tsp. red coloring.

Method: Cream butter, add sugar and flavoring. Sift flour with baking powder, add alternately with milk to mixture. Fold in beaten egg whites. Place half of mixture in well greased pan. Add coloring and raisins to remainder of mixture and place in centre of white mixture. Bake in moderate oven about 45 minutes.

—Mrs. Arthur W. Boone

PINEAPPLE AND CHERRY CAKE

Cream 1 cup sugar, $\frac{3}{4}$ cup butter until very light; add 2 well beaten eggs; 3 cups flour; 3 tps. Acacia baking powder; $\frac{1}{4}$ tsp. salt; $\frac{1}{4}$ lb. white raisins; $\frac{1}{4}$ lb. cherries cut fine; 1 can crushed pineapple, strained. Mix well. Bake 1 hour.

—Mrs. M. D. C. MacMullin

WHIPPED CREAM CAKE

1 cup whipped cream (measured before whipping); 1 cup white sugar; 2 eggs; salt and flavoring; $\frac{1}{4}$ tsp. soda; 1 tsp. cream of tartar; 1 $\frac{1}{2}$ cups flour.

Bake in moderate oven.

—Helena Estabrooks
—Hazel Sharpe

BISHOP CAKE

3 eggs; 1 cup white sugar; 1 $\frac{1}{4}$ cups flour sifted; 1 $\frac{1}{2}$ tps. Acacia baking powder; $\frac{1}{4}$ tsp. salt; $\frac{1}{4}$ lb. semi-sweet chocolate; 2 cups cut nut meats; 1 cup dates cut; 1 tsp. spice; 1 cup candied cherries cut in halves.

Combine eggs and sugar; beat well. Sift flour, spice, salt together. Cut chocolate in pieces as large as lima beans, add with nuts and fruit to flour mixture. Fold in egg mixture. Bake in moderate oven 1 $\frac{1}{2}$ hours.

—Mrs. S. Stanton

DATE CAKE

1 cup sugar; $\frac{1}{4}$ cup butter; 1 egg; 2 cups flour; 1 tsp. soda; $\frac{1}{4}$ cup sour milk; 1 pound dates; vanilla.

Cream butter, add sugar, beat egg and add to mixture. Add sour milk with soda, then add flour and dates and vanilla.

—Minnie Carmichael

DATE CAKE

2 cups sugar; 1 cup butter; 2 cups sour milk; 2 tps. soda; 1 lb. dates; 1 lb. raisins; all kinds of spices; 2 tps. cocoa; 3 1/2 cups flour; 1 cup strawberries or strawberry preserves or any kind of fruit. Bake 1 1/2 hours in slow oven.

—Geneva Curtis
—Mrs. Harold Jones

CHRISTMAS CAKE

1 doz. eggs; 2 cups sugar; 1 lb. butter; 2 lbs. raisins; 2 lbs. currants; 1 lb. nuts; 1 lb. mixed peel; 1 lb. flour; 1 cup of burnt sugar.

Mix burnt sugar with a little water so it will make a syrup. Mix eggs, sugar and melted butter together, add flour and rest of ingredients. Cook in a slow oven for three hours.

—Mrs. Norman Carter

SPICE CAKE

2 eggs; 1 1/2 cups sugar; 1/2 cup butter; 1 cup sour milk; 1 tsp. soda and all kinds of spice; 2 1/2 cups flour; 1 cup raisins.

—J. E. Gibson

CHOCOLATE CAKE

1 cup white sugar; 1 egg; 2 squares unsweetened chocolate; butter size of an egg; 1 cup sweet milk; 1 1/2 cups flour; 1 tsp. Acadia baking powder; 1/2 tsp. soda; pinch of salt; 1 tsp. vanilla.

Method: Melt chocolate and butter over hot water, beat egg and sugar together, and add melted mixture, add milk, then dry ingredients and vanilla. Beat all together with an egg beater or electric mixer about five minutes. (This beating greatly improves the texture of the cake).

—Mrs. Leigh W. Burnham

CHOCOLATE NUT CAKE

8 level tps. cocoa; 1/2 tsp. soda; 1/2 cup white sugar; 1/2 cup boiling water.

Mix well and set aside to cool.

Cream 1/2 cup shortening and 1 cup white sugar; 2 eggs beaten; 1/2 tsp. salt; 1/2 cup buttermilk; 1/2 tsp. soda dissolved in buttermilk. Add cocoa mixture; 1 tsp. vanilla; 2 cups sifted flour; 1 large tsp. Acadia baking powder or 1 tsp. soda in buttermilk and 1 tsp. cream of tartar in flour; 3/4 cup of walnuts in 1/2 cup of sifted flour. Bake in moderate oven.

—Mildred McEllan

CHOCOLATE CAKE

1 1/2 cups flour; 1/2 cup shortening; 2 eggs; 1 cup sugar; 1 cup sweet milk; 1 tsp. soda; 1 tsp. Acadia baking powder; 2 squares chocolate or 2 large tps. cocoa.

Cream butter and sugar; add egg yolks, well beaten; add vanilla. Sift all dry ingredients, add alternately with milk. Fold in egg whites well beaten last.

—Miss Lulu J. Lovely
—Mrs. Annie Rideout

SILVER CAKE

1 cup white sugar; 1/2 cup butter; 4 egg whites (well beaten); 3/4 cup of milk; 2 tps. Acadia baking powder; 2 cups flour.

—Mrs. I. D. Jackson
—Mrs. Arnold Estey

CHOCOLATE CAKE

1 1/2 squares chocolate; add 1 tsp. soda and 1/2 cup boiling water. Set on back of stove until melted. Then take in another dish 1 1/2 cups brown sugar; 1/2 cup butter; cream together; 2 eggs well beaten; 1/2 cup sweet milk with 1/2 tsp. soda in this; 2 level cups bread flour; 1 tsp. cream of tartar sifted in flour; 1 tsp. vanilla; add chocolate.

—Mrs. Ben Buckingham
—Mrs. G. B. Mackenzie

GOOD CHOCOLATE CAKE

4 tps. butter; 2 oz. unsweetened chocolate; 1 cup sugar; 1/2 cup water; 1 cup sifted pastry flour; 1/2 tsp. Acadia baking powder; 1/2 tsp. salt; 1 unbeaten egg; 1/2 cup sour milk; 1/2 tsp. soda; 1 tsp. vanilla.

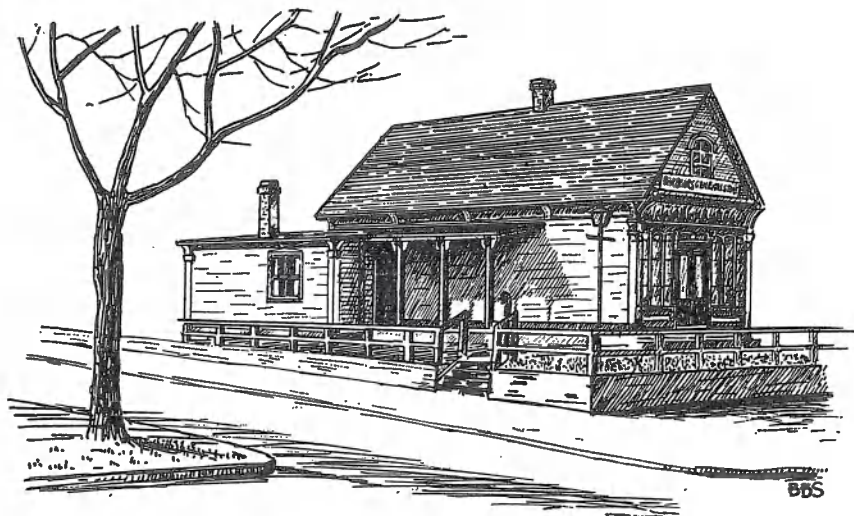
Melt butter and chocolate in double boiler, stir in sugar and water and mix thoroughly. Chill. Sift flour, baking powder and salt together. Add unbeaten egg to chocolate mixture and beat well. Dissolve soda in sour milk and add to chocolate mixture alternately with flour. Add vanilla. This may be beaten with a rotary egg beater for a few moments. Bake 40 minutes at 325 °F.

—Nellie M. Downey

CHOCOLATE CAKE

1 egg; 1/2 cup cocoa or 2 squares chocolate; 1/2 cup butter; 1 1/2 cups flour; 1/2 cup sweet milk; 2 tps. cream of tartar dissolved in milk; 1 tsp. soda; 1 tsp. vanilla; 1 cup sugar; 1/2 cup hot water, added last. Add everything before beating.

—Mrs. J. A. Tompkins
—Mrs. Dan Dugan



The General Store

SAINT JOHN, N. B.

A centennial project of the G. E. Barbour Co. Ltd.
The Country Store takes one back one hundred years.
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WHITE CAKE

$\frac{1}{2}$ cup butter; $1\frac{1}{2}$ cups white sugar; 1 cup sweet milk; 2 cups flour; 2 tsps. Acadia baking powder; 1 tsp. almond flavoring; beaten whites of 4 eggs.

Bake in two layers

Filling

$\frac{1}{2}$ cup sugar; $1\frac{1}{2}$ cups milk; 4 beaten egg yolks; 1 dessertspoon cornstarch; $\frac{1}{2}$ tsp. vanilla; 1 tsp. butter. 1 cup chopped almonds may be added. Cook and cool before putting in cake.

—Mrs. Hazen K. Tompkins

—Mrs. H. Pickard

WHITE CAKE

2 cups sifted pastry flour; 2 tsps. Acadia baking powder; salt; $\frac{1}{2}$ cup butter; $1\frac{1}{2}$ cups white sugar; $\frac{1}{2}$ cup milk; 1 tsp. lemon flavoring; 3 egg whites.

Method: Sift flour and baking powder three times; cream butter, add sugar, gradually, cream until light. Add flour alternately with milk. Add flavoring. Beat egg whites, fold into cake. Bake in moderate oven.

—Mrs. John W. Clark

—Mrs. Herbert Tompkins

DATE CAKE

$1\frac{1}{2}$ cups sugar; $\frac{1}{2}$ cup shortening; 2 eggs; $2\frac{1}{2}$ cups flour; 1 tsp. soda; 1 cup dates; 1 cup boiling water; $\frac{1}{2}$ cup nut meats; 1 tsp. vanilla; 1 tsp. lemon. Add a few raisins if desired.

Cut dates, add soda and boiling water. Let cool. Cream sugar and shortening and well beaten eggs. Add date mixture and flavoring. Add flour, nut meats, and raisins floured. Bake one hour in slow oven.

Is better when two or three days old.

—Sadie M. Pierce

—Leila Thornton

CREAM CAKE

2 eggs; $\frac{1}{2}$ tsp. salt; 1 cup sugar. Beat. Add 1 cup medium thick cream, 2 cups flour, 2 tsps. Acadia baking powder and flavoring. Beat well. Bake at once.

—Leota Good

WHITE CAKE

Mix in order given: Cream $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar; add flavoring. Beat up together. Add beaten yolks of two eggs; 1 cup milk. Measure $2\frac{1}{2}$ cups flour and then sift it; 1 tsp. cream of tartar; $\frac{1}{2}$ tsp. of soda sifted in first cup of flour. Beat whites of eggs stiff and add last.

—Mrs. L. B. Merrithew

WHITE CAKE

2 cups flour; 1 cup sugar, 1 tsp. soda, 2 tsps. cream of tartar, salt, sifted together several times; 1 egg, fill cup with milk and add to above mixture; 1 tsp. vanilla. Butter the size of an egg, creamed but not melted; add this last.

Bake in a coffee tin. Nut meats and cherries may be added if desired.

—Mrs. B. E. Lenson

MOLASSES SPONGE CAKE

1 egg; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup shortening; 1 cup molasses; $2\frac{1}{2}$ cups flour with 1 dessertspoon soda sifted together; a pinch of salt; all kinds of spice.

Beat all together and add 1 cup of boiling water. Beat thoroughly and bake in sheet tin.

—Mrs. Fred Warters

ORANGE NUT CAKE

$1\frac{1}{2}$ cups sugar; $\frac{1}{2}$ cup shortening; $\frac{1}{2}$ tsp. salt; 1 tbsp. hot water. Beat this smooth and creamy. Add 2 eggs; 1 cup milk; grated rind and juice of 1 orange; 3 cups flour; 1 cup nut meats; 2 tsps. cream of tartar; 1 tsp. soda.

Beat well.

—Mrs. Gillin

WAR CAKE

2 cups brown sugar; $\frac{1}{2}$ cup shortening; 2 cups water; 1 lb. raisins. Boil for 5 minutes, remove and let cool, add 3 cups flour; 2 tsps. soda; 1 tsp. each of salt, nutmeg, cinnamon, $\frac{1}{2}$ tsp. cloves. Sift all together. Bake 1 hour in slow oven.

—Mrs. Arnold Estey

—Mrs. Willie D. DeLong

—Mrs. Harold Burr

DATE PASTE CAKE

Paste

1 cup dates, pitted and cut; 1 egg; $\frac{1}{2}$ cup milk; 1 cup brown sugar. Cook together slowly and cool.

Cake

1 cup brown sugar; $\frac{1}{2}$ cup butter, creamed; 2 egg yolks; $2\frac{1}{2}$ cups flour; $\frac{1}{2}$ cup milk; dissolve 1 tsp. soda in milk; flavor with $\frac{1}{2}$ tsp. cinnamon and a pinch of nutmeg. Add paste and lastly 2 egg whites beaten stiff. Cook in moderate oven.

—Mrs. Basil Harper

SPONGE CAKE

7 eggs; 1 cup sugar; 1 tsp. cream of tartar; 3 tbsps. warm water; dash of salt; 1 tsp. lemon extract; 1 level cup flour before being sifted.

Method: Put yolks of eggs in one bowl, the whites in another. Beat yolks until light and lemon color, add water, beat lightly again. Add half of sugar. Beat whites until stiff and will stand up in peaks, add cream of tartar and other cup of sugar. Turn whites in with the yolks, fold in the flour, add salt and flavoring.

Bake 60 minutes in a large ungreased funnel pan in slow oven. Do not open the oven door for 15 minutes after putting cake in oven.

—Mrs. Robert Markey
—Mrs. Margaret McGrath

ICE BOX CAKE

1 lb. graham crackers; 1 cup dates (chopped); 1 cup raisins; 2 tbsps. chopped orange peel; 1 cup citron peel (sliced thin); 1 tsp. nutmeg; 1 tsp. allspice; 1 cup cut marshmallows; 1 cup thick cream; 1 cup currants; 2 tbsps. chopped candied cherries; 1 tsp. cinnamon; 1 tsp. cloves; 1 tsp. salt; 1 cup nut meats.

Crumble crackers fine; soften currants in hot water and drain. Add spices and salt to dry ingredients. Marshmallows should be cut in small pieces and soaked in the cream and added last. Mix thoroughly until cracker crumbs are all moistened. Pack into square tin or mould lined with wax paper. Let stand in icebox for 12 hours. Slice thin and serve with whipped cream or hard sauce.
Makes 2-pound loaf.

—Mrs. Wallace Burlock

BANANA CAKE

1 1/2 cups sugar; 1/2 cup butter; 2 eggs; 1 cup banana mashed; 4 tbsps. sour milk; 1 tsp. soda; 2 tbsps. cream of tartar; 1 1/2 cups flour; 1/2 cup walnut meats; 1/2 tsp. salt.

—Ella Porter
—Mrs. Marley Estabrooks

BANANA CAKE

1/2 cup butter; 1 cup sugar; 1 egg; 3 tbsps. milk; 1 cup mashed bananas; 1 1/2 cups flour; 1 tsp. soda; 1 scant tsp. Acacia baking powder; pinch of salt.
Mix in order given and bake 1 hour in moderate oven.

—Mrs. Jack Perkins

PUMPKIN WALNUT CAKE

3/4 cup broken walnuts; 1 1/2 cups sifted flour; 3/4 tbsps. Acacia baking powder; 1 tsp. salt; 8 tbsps. butter (or butter with shortening mixed); 1/2 cup fine granulated sugar; 1 cup lightly packed brown sugar; 3 egg yolks or 1 egg and 1 yolk; 1 cup sour milk; 2 tbsps. vanilla; 1/2 cup canned or sieved, drained cooked pumpkin.

Method: Prepare walnuts; coat with part of measured flour. To remaining flour, add baking powder, soda and salt. Cream butter and gradually blend in sugars; beat egg yolks until very light and add, combining well. Sift in dry ingredients alternately with milk, combining after each addition. Add vanilla, pumpkin and nuts. Turn batter into a greased and floured 8-in. square pan, bake in moderate oven 350 °F., about 50 minutes. When cold cover with brown or white seven minute frosting and sprinkle with chopped nuts.

—Mrs. James Stephenson

ORANGE CAKE

2 eggs; 1/2 cup butter; 1 cup white sugar; 1/2 tsp. salt; 1/2 cup sour milk; 1 cup raisins; 1 orange, rind and pulp (put through food chopper) saving the juice; 1 tsp. soda; 2 cups flour (add more if necessary).

Method: Cream butter and sugar, add beaten eggs, salt. Add alternately the sour milk and flour in which soda has been sifted. Add raisins and orange pulp. Bake in loaf tin in moderate oven. While still hot pour orange juice over top.

—Mrs. H. A. Vincent
—Mrs. Percy Guigre

MILK CHOCOLATE CAKE

1/2 cup butter; 1 1/2 cups sugar; 2 eggs (unbeaten); 1 cup sour milk; 2 cups all-purpose flour; 2 squares chocolate; 1 tsp. soda dissolved in 1 tbsps. vinegar; 1/2 tsp. salt; 1 tsp. vanilla.

—Mrs. Lorne Long

ORANGE CAKE

1 1/2 cups Swans Down cake flour; 1 cup sugar; 1 tsp. cream of tartar; 1/2 tsp. soda. Sift well, add piece of butter size of an egg. Break 1 egg in cup; fill cup with orange juice and add a little grated rind; salt.

Beat well. Bake in loaf and cover with butter icing when cool.

—Mrs. Mansfield Harris
—Mrs. Oscar Hatfield

PINEAPPLE UPSIDEDOWN CAKE

2 tbsps. butter; 1 cup brown sugar; 1 can crushed pineapple. Heat this slowly on stove while making the following:

Cake

1/2 cup butter; 1 cup sugar; 2 eggs; 1 cup milk; 1 1/2 cups bread flour; 2 tbsps. Acacia baking powder. Add salt and vanilla.

Method: Put pineapple mixture in the bottom of baking dish. Then pour cake batter over it and bake for 25 minutes. Serve warm with whipped cream.

—Mrs. Earl B. Avery
—Glenna Cooke

CHERRY CAKE

1/2 cup butter; 1 cup sugar; 1 5-oz. bottle of cherries cut fine; 4 tbsps. juice from cherries; 1 cup walnut meats; 2 cups cake flour; 2 1/2 tbsps. Acacia baking powder; 1 cup milk; 1/2 tsp. lemon; 1/2 tsp. vanilla; 3 egg whites.

Method: Cream butter, gradually add sugar. Add flour (sifted 3 times with baking powder) alternately with milk. Add cherries, juice and nuts and flavoring; add 3 beaten egg whites. Save a few cherries to decorate frosting.

—Mrs. M. Robinson
—Mrs. John Campbell

ORANGE CAKE

1 cup sugar; 1/2 cup shortening; 2 eggs; 1 cup cold water; 1 orange, grated rind and juice; 1 1/2 cups flour; 3 tbsps. Acacia baking powder.

Cream butter and sugar, add beaten egg yolks and blend thoroughly, add orange juice and rind to cold water (should make 1/2 cup.) Sift flour and baking powder and stir in. Last fold in stiffly beaten egg whites. Bake in layers.

Frosting

1 pkg. icing sugar, butter size of egg; wet with orange juice and add a few drops of butter coloring and small pinch of Acacia baking powder.

—Mrs. Wallace Briggs

ORANGE AND DATE CAKE

1 cup brown sugar; 1/2 cup butter; 1 cup dates; 1/2 cup cocoanut; 1 cup walnuts; 2 cups flour; 1/2 tsp. salt; 1 tsp. Acacia baking powder; 1 tsp. soda; 2 eggs; juice of 1 orange and grated rind of two oranges. Put juice in a cup and fill up with sour milk.

Bake 45 minutes.

—Marie Pickard

ORANGE CAKE

Squeeze the juice from 1 orange and set aside. Grind the rest of orange and 1 cup raisins or dates; cream 1 cup sugar and 2 tbsps. butter; 1 egg; 1 cup sour milk; 1 tsp. soda dissolved in a little warm water; salt; 2 cups flour; 1 tsp. Acacia baking powder. Add the orange and raisins. Frosting: Mix icing sugar with the juice of orange and a tsp. butter.

—Mrs. William Simonson
—Mrs. Robert Andow

NUT CAKE

2 cups sugar; 1 cup butter; 3 eggs (beaten separate); 3 cups flour; 1 tsp. cream of tartar; 1/2 tsp. soda.

Sift flour, soda and cream of tartar together, add 1 lb. walnut meats (chopped) and 1 cup milk.

—Mrs. A. J. Curtis

CREAM SPONGE CAKE

Yolks of 4 eggs; 1 cup sugar; 3 tbsps. cold water; 1 1/2 tbsps. cornstarch; flour; 1 1/2 tbsps. Acacia baking powder; 1 tsp. salt; whites of 4 eggs; 1 tsp. lemon or vanilla.

Method: Beat yolks of eggs and water until thick and lemon-colored; add sugar gradually and beat two minutes. Put cornstarch in a cup and fill cup with flour. Mix and sift cornstarch and flour with baking powder and salt; add to first mixture. When thoroughly mixed add whites of eggs beaten stiff; add flavoring. Bake 30 minutes in a moderate oven. This is an excellent mixture for cream pie or bake in an angel cake pan.

—Mrs. Frederick Smith

JELLY ROLL

3 eggs well beaten; 1 cup sugar; 1 cup flour sifted with 1 1/2 tbsps. Acacia baking powder; add last 1/2 cup hot milk with butter size of walnut, salt and vanilla. Bake, spread with jelly and roll in a damp cloth.

—Mrs. Ernest Smalley
—Mrs. E. W. Melville

JELLY ROLL

3 eggs beaten; 1/2 cup white sugar; 1 cup flour; 1 tsp. cream of tartar; 1/2 tsp. soda; 1 tsp. salt; vanilla; 1 tsp. boiling water added last. Bake in a quick oven, spread with thin jelly and roll in cloth.

—Mrs. Howard E. Gibson
—Mrs. Robert MacDonald

SOUR MILK CAKE

$\frac{1}{2}$ cup butter; 2 eggs; 1 tsp. soda dissolved in milk; 1 tsp. Acacia baking powder 1 $\frac{1}{2}$ cups flour; salt; 1 cup sugar; 1 cup milk; rind and juice of 1 orange and cup raisins put through chopper. Flour well before putting through chopper.

—Mrs. Robert MacDonald
—Caroline Carson

BEGGLESS MOLASSES CAKE

1 cup molasses; $\frac{1}{2}$ cup brown sugar; 1 sp. salt; $\frac{1}{2}$ cup melted shortening; 1 cup flour with spice, also $\frac{1}{2}$ tsp. Creamoline; 1 cup boiling water; 1 tsp. soda dissolved in water; $\frac{1}{2}$ cup raisins; 1 cup flour; 1 tsp. cinnamon; $\frac{1}{2}$ tsp. nutmeg; $\frac{1}{2}$ tsp. allspice; 1 tsp. ginger, spices in the first cup of flour.

—Mrs. Ralph Dyer

"NEVER FAIL" MAHOGANY CAKE

Beat 2 eggs well; add 1 $\frac{1}{2}$ cups sugar and beat thoroughly. Add 2 squares of melted chocolate, melted over hot water, mixing in 1 cup of thick sour cream; 2 cups flour mixed and sifted with 1 tsp. of soda; $\frac{1}{2}$ tsp. salt; 1 scant tsp. Acacia baking powder; 1 tsp. vanilla and lastly one cup of warm water.

—Mrs. Harley Kilcollins

WHITE CAKE

$\frac{1}{2}$ cup butter, cream butter; 2 cups sugar; $\frac{1}{2}$ cup warm water, and then fill cup with milk; 1 tsp. vanilla; 2 tps. Acacia baking powder; 3 cups sifted flour; 3 eggs.

Put one cup flour in and beat thoroughly, then add another cup, continue until the remainder is in. Bake 30 minutes.

—Annie Rideout

GINGERBREAD

$\frac{1}{2}$ cup molasses filled up with sugar; $\frac{1}{2}$ cup shortening filled up with boiling water; 1 egg; salt; 2 cups flour; 1 tsp. soda dissolved in 1 tsp. warm water; 2 tps. ginger; 1 tsp. cinnamon.

—Mrs. J. W. Jackson

ANGEL GINGERBREAD

1 egg; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup molasses; $\frac{1}{2}$ cup shortening; 1 cup boiling water or coffee; 2 cups flour, add to this 1 tsp. cinnamon; $\frac{1}{2}$ tsp. cloves; $\frac{1}{2}$ tsp. salt. Sift all together. Add 1 tsp. soda in the hot water and beat well. Bake in moderate oven.

—Mrs. F. W. Hawthorne

CHOCOLATE MARBLE CAKE

2 cups sifted Swans Down cake flour; 2 tps. Acacia baking powder; $\frac{1}{2}$ tsp. salt; 6 tps. butter or other shortening; 1 cup sugar; $\frac{1}{2}$ cup milk; 1 tsp. vanilla; 3 egg whites stiffly beaten; 1 square Baker's unsweetened chocolate; 1 tbsp. sugar; 2 tps. hot water; $\frac{1}{2}$ tsp. soda.

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Fold in egg whites quickly and thoroughly. To melted chocolate, add sugar and water, stirring until blended. Then add soda and stir until thickened; add to $\frac{1}{2}$ of cake batter. Put in greased 8 x 8 x 2 pan, alternating light and dark mixtures. Bake in moderate oven (350 °F.) 55 minutes.

Hungarian Chocolate Frosting

3 squares Baker's unsweetened chocolate; 1 $\frac{1}{2}$ cups confectioner's sugar; 2 $\frac{1}{2}$ tps. hot water; 3 egg yolks; 4 tps. butter. Melt chocolate in double boiler. Remove from boiling water, add sugar and water and blend. Add egg yolks, one at a time, beating well after each. Add butter, 1 tbsp. at a time, beating thoroughly after each addition.

—Mrs. Frank Boyer
—Maribel Stephenson

TROPICAROMA CAKE

$\frac{1}{2}$ cup shortening; 1 $\frac{1}{2}$ cups sugar; 2 eggs; 2 $\frac{1}{2}$ cups flour; 4 level tps. Acacia baking powder; 1 tsp. nutmeg; 1 tsp. cinnamon; salt; 1 cup milk.

Method: Mix as cake, bake $\frac{1}{2}$ in layer tin, to the remaining half add 1 heaping tbsp. cocoa dissolved in hot water. Put layers together with jelly and use white butter icing on top.

—Union Jack Cook Book

HOT MILK SPONGE CAKE

Beat 2 eggs until light; add 1 cup sugar; $\frac{1}{2}$ tsp. salt; 1 large cup flour sifted several times with 1 $\frac{1}{2}$ tps. Acacia baking powder added to above mixture.

Lastly and slowly pour in $\frac{1}{2}$ cup of hot milk in which has been melted a piece of butter the size of an egg and flavoring.

—Mrs. W. P. Hagerman
—Mrs. Z. B. Olive

JELLY ROLL

3 eggs; 1 cup sugar; 1 cup flour; 1 tsp. cream; 2 tps. hot or warm water; 1 tsp. cream of tartar; $\frac{1}{2}$ tsp. soda; pinch of salt.

Beat the eggs until light; add sugar gradually while still beating. Add cream and water. Sift flour, salt, cream of tartar and soda and add to above mixture; beat until light. Put in flat pan. Bake 10 or 15 minutes. Take out on napkin, spread under side with jelly and roll up.

—Mrs. Clarence Carvell
—R. M. E. Craig

ELITE GINGERBREAD

Temperature: 350 °F.; time 30 minutes. $\frac{1}{2}$ cup shortening; 1 cup brown sugar; $\frac{1}{2}$ cup corn syrup; $\frac{1}{2}$ cup boiling water; 2 $\frac{1}{2}$ cups pastry flour; 1 tsp. Acacia baking powder; 1 tsp. baking soda; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ tsp. each cinnamon, nutmeg and ginger; 2 eggs.

Method: Cream shortening; gradually add sugar and syrup. Add hot water; let stand until lukewarm. Add sifted dry ingredients in three additions, beating well after each addition. Add well beaten eggs, beat with Dover beater. (This batter is quite thin.) Pour into pan 8 x 12 lined with waxed paper and oiled. Bake in moderate heat. When cool dust top with powdered sugar. Cut in squares, split and serve with creamy filling or whipped cream.

—Mrs. R. S. Sempile
—Mrs. Harry Belyea

MARBLE CAKE

1 cup sugar, $\frac{1}{2}$ cup shortening, cream together; 2 egg whites, beaten stiff; 1 cup milk; 2 cups flour; 2 tps. cream of tartar; 1 tsp. soda and a pinch of salt. Add to flour and sift thoroughly.

Dark Part: 1 cup sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup shortening creamed; 2 egg yolks beaten; 1 cup cold water; 2 cups flour; 1 tsp. soda, cloves, cinnamon; $\frac{1}{2}$ tsp. nutmeg and a little salt. Bake in a slow oven.

—Mrs. H. B. Campbell

LIGHT CAKE

Pour two unbeaten eggs into a measuring cup. Fill remainder of cup with cream, stir and pour into mixing bowl containing: 1 cup sugar; 1 $\frac{1}{2}$ cups flour; 3 tps. Acacia baking powder.

Beat well until light and pour into two greased layer cake pans. Bake about 30 minutes in moderate oven.

—Mrs. Roy Robertson

SPICE CAKE

$\frac{1}{2}$ cup shortening; 2 cups brown sugar; 2 eggs; 1 cup sour milk; 2 $\frac{1}{2}$ cups pastry flour; 1 tsp. soda; 2 tps. cinnamon; 1 tsp. allspice; $\frac{1}{2}$ tsp. cloves; 1 tsp. nutmeg; salt.

Method: Cream shortening, add sugar gradually. Be sure to work smooth so no lumps remain. Add well beaten eggs and mix thoroughly. Sift together dry ingredients and add to mixture alternately with sour milk. Bake in layer tins.

—Mrs. W. A. Clark
—Florence Cluff

CHOCOLATE ROLL

2 eggs slightly beaten; 1 egg yolk; 1 cup sugar; 1 tsp. flavoring; $\frac{1}{2}$ cup cake flour; 4 tps. cocoa; 2 tps. Acacia baking powder; $\frac{1}{2}$ tsp. salt; 2 tps. butter; $\frac{1}{2}$ cup hot milk. Beat eggs, add yolk gradually, add sugar and beat until light. Sift flour, cocoa, baking powder and salt; add to egg mixture, melt butter in milk and add to batter, beating until smooth.

Pour in 11 x 6 inch pan, lined with wax paper. Bake in hot oven 10 to 15 minutes. Remove from oven, turn out on sugared cloth, remove paper and spread with cream filling.

—Mrs. Ralph E. Cox

MAHOGANY CAKE

Cook $\frac{1}{2}$ cup milk with $\frac{1}{2}$ cup cocoa until thick and smooth; set aside to cool. $\frac{1}{2}$ cup butter; 1 $\frac{1}{2}$ cups sugar; 3 eggs; 2 cups pastry flour; $\frac{1}{2}$ tsp. soda; 2 tps. Acacia baking powder; $\frac{1}{2}$ cup sweet milk; 1 tsp. vanilla.

Cream butter and sugar together. Add beaten egg yolks. Sift together flour, soda, baking powder and add alternately with milk to first mixture. Add chocolate mixture and vanilla extract, mix well. Fold in stiffly beaten egg whites. Bake in 2 well greased 9-inch layer cake tins in moderate oven, 350 °F., about 30 minutes.

—Mrs. Richard Pratt

SPONGE CAKE

3 egg yolks; $\frac{1}{2}$ cup cold water; 1 $\frac{1}{2}$ cups sugar; 1 $\frac{1}{2}$ cups flour; 1 tsp. Acacia baking powder; salt; 3 egg whites.

Combine egg yolks and cold water and beat to make 1 quart. Add sugar, beat 7 minutes, add flour, sifted with baking powder; lemon flavoring; fold in beaten whites. Bake nearly an hour in moderate oven.

—Mrs. Ted Nevers

JELLY ROLL

3 eggs (beaten); 1 cup white sugar; 3 tbsps. sweet milk; 1 cup flour (sifted); 2 tbsps. Acacia baking powder; 1 tsp. salt; 1 tsp. vanilla or lemon flavoring.

Sift baking powder with the flour. Mix and pour in a long, shallow pan (batter about 1 inch deep). Bake 12 minutes in a moderately slow oven.

Turn onto a cloth, spread with softened jelly or lemon filling and roll quickly, wrap in a cloth to keep in shape.

—Mrs. Albert H. Tompkins

—Mrs. J. K. Glass

BANANA WALNUT CAKE

1½ cups sugar; 1 cup shortening; 2 eggs well beaten; 2 cups flour; pinch of salt; 1 tsp. soda; ½ cup sour milk; 1 cup banana pulp (takes 2 bananas); vanilla; 1 cup chopped nuts.

Method: Cream shortening; add sugar and blend well; add 2 beaten eggs, vanilla; dissolve soda in sour milk and add to mixture; put salt in flour and add.

Last of all add banana pulp and nuts. Bake in moderate oven.

—Mrs. George W. Campbell, Jr.

—Mrs. W. L. Jones

TOWN TALK CAKE

1 cup sugar; ½ cup butter; ½ cup butter-milk; 1 egg; 1½ cups flour; 1 tsp. soda; 4 tbsps. cocoa (heaping); 1 tsp. soda, cook in ¾ cup boiling water.

Cook in moderate oven. Method: Cream butter and sugar, then add eggs, then buttermilk, vanilla, salt, put 1 tsp. soda in flour, also cocoa. Cook 1½ tsp. soda in ¾ cup boiling water and add lastly.

—Jean Stephenson

SANDWICH CAKE

1 cup butter; 1 cup sugar; 2 eggs; 1 tsp. soda; 1 tsp. cream of tartar; 1 cup milk; 1½ cups flour; vanilla.

Put in pan; then put first, one cup dates cut fine; second, 1 cup nut meats cut fine; third, 1 egg white beaten stiff; fourth, 1 cup brown sugar, over all.

Cook in very slow oven.

—Mrs. John Anderson

TOMATO SOUP CAKE

1 cup sugar; ½ cup butter or shortening; 1 can tomato soup; 2 tbsps. cinnamon; 1 tsp. soda; 1 tsp. cloves; 1 cup raisins; 1 cup nut meats; 1½ cups flour; salt.

Mix in order given, sift soda with flour.

—Mrs. Perley Smith

DAYTON CAKE

1 cup butter; 2 cups sugar; 4 eggs; 1 cup milk; ¾ cups flour; 1 tsp. cream of tartar; 1 tsp. soda; 1 cup walnut meats; 1 cup raisins; 1 nutmeg.

Cream butter and sugar well, add well beaten eggs, sift flour and cream of tartar and soda twice, and add alternating with the milk. Put nuts and raisins through meat chopper and mix in last with nutmeg. Bake in a slow oven.

—Mrs. Thomas Gallagher

SUNSHINE CAKE

Whites of 5 eggs, beat light, add 1 cup of sugar; 1 tsp. vanilla; 1 tsp. cream of tartar. Yolks of 5 eggs, beat light, add 1 cup sugar, pinch of salt.

Put yolks in whites, then blend in one cup of sifted flour, sifted 5 times.

—Agnes Wasson

SUNSHINE CAKE

6 eggs whites, 6 eggs yolks; 1½ cups white sugar; 1 tsp. lemon and orange extract; 1½ cups pastry flour, sifted twice before measuring; 1 tsp. cream of tartar; 1 tsp. soda; 2 tbsps. cold water.

Method: Beat whites till stiff; fold in sugar gradually, then yolks of eggs beaten till lemon color. Add flavoring and water. Fold in flour with cream of tartar and soda. Bake in moderate oven in tube pan. Use any plain icing.

—Mrs. Wm. A. Martin

COLD WATER POUND CAKE

1½ cups white sugar; 1 cup butter; 3 cups pastry flour; 3 eggs; ¾ cup cold water; 1 tsp. cream of tartar sifted with flour; 1 tsp. soda dissolved in cold water; 2 tbsps. lemon extract.

Cream butter and sugar, add beaten eggs; flour and water alternately. Bake in moderate oven 1½ hours.

—Mrs. Elizabeth T. Smith

DEVIL FOOD CAKE

2 cups Swans Down cake flour; 1 tsp. soda; 1 cup butter; 1½ cups brown sugar; 2 eggs; 3 squares chocolate; 1 cup milk; 1 tsp. vanilla; pinch of salt.

Cream butter; add sugar gradually. Beat after each egg is added; sift soda with flour and add melted chocolate, vanilla, salt and milk.

—Mrs. William McCormack

—Mrs. Frank Tompkins

THREE LAYER WHITE CAKE

2 cups white sugar; 1 cup butter, cream well with sugar; 1 cup boiling water; 3 eggs, beat well; 3 cup flour; 2 tbsps. Acacia baking powder; 1 cup cold water; 1 tsp. each vanilla and lemon.

—Mrs. Alex Chapman

MAGIC DEVIL'S FOOD CAKE

1 cup shortening; 1 cup molasses; 2 eggs, well beaten; 2 squares chocolate, melted; 1 tsp. vanilla; 1½ cups sifted all-purpose flour; 1½ tbsps. Acacia baking powder; 1 tsp. baking soda; 1 tsp. salt; 1 cup milk.

Cream shortening then beat in molasses and eggs. Stir in chocolate and vanilla. Sift dry ingredients then add alternately with the milk. Bake in 2 greased and floured 8 inch layer cake pans in 350° F. oven 20 min. or until done.

Sugarless Icing: Combine 1 egg white and ¾ cup corn syrup in top of double boiler. Cook over rapidly boiling water 7 minutes beating continuously with egg beater. Remove from heat; beat until mixture stands in peaks. Frost cake.

NEVER FAIL CAKE

1 egg; 1 cup sugar; 4 tbsps. butter; ¾ cup milk; 2 cups sifted pastry flour; 3 tbsps. Acacia baking powder; 1 tsp. salt; 1 tsp. vanilla.

Cream butter and sugar, add unbeaten eggs; beat until light; sift and measure flour, add baking powder and salt and sift 3 times; add milk and flour to mixture alternately ending with flour. Bake in layers or loaf pan.

—C. A. S.

SCOTCH CAKES

1 cup butter; 1 cup brown or icing sugar; 2 cups sifted flour.

Mix with hands well, keeping ingredients cold. Roll out, cut in small shapes, bake in slow oven. Frosting of icing sugar may be tinted pink and a nut added.

—W. I.

HUSBAND CAKE

1½ cups sugar; ½ cup Crisco; 1 cup tomato soup; ¾ cup cold water; 1 tsp. soda; 1 tsp. Acacia baking powder; 1 tsp. salt; 1 tsp. cloves; 1½ tbsps. nutmeg; 1½ cups raisins; 1½ cups nuts; 3 cups flour.

—Mrs. P. H. Betts

JIFFY CAKE

1 cup white sugar; 1 cup butter; 3 tbsps. milk; 1 tsp. baking powder; 1 cup cocoanut; 3 eggs; vanilla or almond extract.

Method: Mix butter and 1 cup sugar, add milk then flour sifted with baking powder, then yolks of eggs. Spread on buttered tin. Beat egg whites very stiff, add 1 cup sugar and cocoanut. Spread over batter and bake 40 minutes in slow oven. Use 7 x 12 pan.

—Mrs. A. D. McCain

WACKY CAKE

1½ cup flour (sifted); 1 cup sugar (white); 1 tsp. baking powder; 1 tsp. soda; salt; 3 tbsps. cocoa.

Method: Mix all above. Make three holes, in first put 1 tsp. vanilla, in second hole 1 tsp. vinegar, in third hole 5 tsp. shortening. Pour over all 1 cup warm water. Mix and beat, bake in rather hot oven. Frost as desired. Five minutes makes this cake.

—Eleanor McCain

QUEEN ELIZABETH CAKE

1 cup dates; 1 cup boiling water. Let cook while preparing cake batter. 1 cup butter; 1 cup white sugar; 1 egg, beaten; 1 tsp. vanilla; 1½ cups flour; 1 tsp. baking powder; 1 tsp. salt.

Cream butter and sugar; add egg and vanilla; add sifted dry ingredients; then date mixture to which 1 tsp. soda has been added.

Bake in 9 x 9 pan at 350° for 30 min. Icing: 1 cup brown sugar; 5 tbsps. butter; 1 cup cocoanut; 3 tbsps. cream.

Boil 3 minutes. Add 1 cup chopped nuts. Pour over warm cake. Place under broiler until brown.

—Mrs. J. B. Sutherland

We are proud to present this third edition of Barbour's Cook Book. If you have any suggestions on how we can improve upon it, please let us hear from you.

BARBOUR FOODS LTD.

Sussex, N. B., Canada

Cookies and Small Cakes

RAILROAD COOKIES

$\frac{1}{2}$ cup shortening; 2 eggs; 2 cups brown sugar; 1 tsp. cream of tartar; 1 tsp. soda; 3 cups flour; salt; vanilla.

Filling: $1\frac{1}{2}$ cups dates (or more); $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup boiling water; salt; lemon juice, or a little rind.

After this mixture is cooked, some nut meats can be added if desired. Roll out cookie dough and spread on filling which has been cooled. Roll. Put to chill, slice and bake.

—Mrs. Arleigh Kirkpatrick

FRUIT ROLL

1 cup walnuts, cut fine; 1 cup dates, chopped; 16 marshmallows, cut up; 6 graham crackers, rolled fine; red and green cherries, cut up.

Mix all ingredients well together. If it seems too dry you may use a little cream to moisten. Roll 4 or 5 graham crackers and roll mixture in cracker crumbs, as you would for ice-box. Chill and slice as needed.

—Mary J. Trafford

RAISIN THINS

Cream 1 cup butter well. Mix together $\frac{1}{2}$ cup firmly packed brown sugar and $\frac{1}{2}$ cup white sugar. Blend with butter gradually; add 1 egg slightly beaten; beat the mixture until smooth. Measure and sift 2 cups flour; $\frac{1}{2}$ tsp. baking soda; $\frac{1}{2}$ tsp. salt. Add to mixture. Then add $\frac{1}{2}$ tsp. vanilla; $\frac{1}{2}$ cup raisins (currants slice easier) to the batter. Mix well. Form dough into a roll, wrap in waxed paper and chill in refrigerator. Cut in thin slices and bake in moderately hot oven from 7 to 10 minutes.

—Mrs. Ira Carson

CHOCOLATE PINWHEEL COOKIES

$\frac{1}{2}$ cup shortening; $\frac{1}{2}$ cup sugar; 1 egg yolk; $\frac{1}{2}$ tsp. vanilla; 3 tbsps. milk; $1\frac{1}{2}$ cups bread flour; $1\frac{1}{2}$ tsps. Acadia baking powder; $\frac{1}{2}$ tsp. salt.

Divide dough in half and add 1 square of chocolate to one part. Roll out light part and then dark. Put dark on light and roll up as for jelly roll. Chill and slice $\frac{1}{2}$ inch thick and bake in moderate oven.

—Mrs. A. Melvin

ICE BOX COOKIES

2 cups brown sugar; 1 scant cup butter or shortening; 2 eggs; 1 tsp. soda; $3\frac{1}{2}$ cups flour; 1 tsp. vanilla; salt.

Filling: $1\frac{1}{2}$ cups dates; 1 cup boiling water; cook until smooth, then cool. Roll cookies out and spread with filling, roll up and let stand over night. In the morning with a thin sharp knife, slice cookies $\frac{1}{2}$ inch thick from end of roll and bake in a moderate oven.

—Mrs. John Hagerman

CHRISTMAS SLICE COOKIES

1 cup shortening; 1 cup brown sugar; 1 cup white sugar; juice and grated rind of $\frac{1}{2}$ orange and $\frac{1}{2}$ lemon; 3 eggs well beaten; $\frac{1}{2}$ cup nuts, cut fine; 4 cups sifted flour; 1 tsp. cinnamon; $\frac{1}{2}$ tsp. cloves; $\frac{1}{2}$ tsp. salt.

Soften shortening over hot water; add sugar and fruit rinds and cream well; add eggs and nuts; sift flour with 1 tsp. soda, spices and cream mixture. Shape in roll and chill over night. Slice and bake.

—Mrs. LeBaron London

DATE PINWHEELS

$1\frac{1}{2}$ cups chopped dates; $\frac{1}{2}$ cup water; $\frac{3}{4}$ cup sugar; $\frac{1}{2}$ cup chopped nuts; $\frac{1}{2}$ cup butter; $1\frac{1}{2}$ cups brown sugar; 2 eggs; 3 cups pastry flour; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ tsp. soda.

Cook dates, sugar and water until thick—about 10 minutes. Add nuts and cool. Cream butter. Add sugar and cream well together. Add beaten eggs and beat well. Add sifted dry ingredients. Chill. Divide mixture into two parts. Roll separately into two rectangles about $\frac{1}{2}$ inch thick. Spread each with date filling and roll (as for jelly roll) into two long rolls. Chill. Cut about $\frac{1}{2}$ inch slices. Bake in a moderate oven about 15 minutes.

—Alice M. Kennedy

—Mrs. John Hagerman

ICE BOX COOKIES

2 cups brown sugar; $\frac{1}{2}$ cup shortening; 2 eggs; 3 tbsps. sweet milk; 1 tsp. soda; $\frac{1}{2}$ tsp. salt; 1 tsp. vanilla; $3\frac{1}{2}$ cups flour; 1 cup chopped walnut meats.

Pack in pan and chill. Slice thin and bake in hot oven.

Gladys Sibley



EAST DOVER, NOVA SCOTIA

A picturesque fishing village on Nova Scotia's south coast in the Peggy's Cove area.

BACHELOR BUTTONS

2 eggs well beaten; 1½ cups brown sugar; ¾ cup shortening; 1 tsp. soda; 2 cups flour; vanilla.
Roll in small balls and place a raisin on top of each.

—Mrs. W. C. Craig

ICE BOX COOKIES

1 cup shortening; 2 cups brown sugar; 2 eggs; salt; vanilla; 1 cup nut meats, chopped; 1 scant tsp. soda dissolved in 2 tbsps. milk; flour to make solid.

Put in loaf, leave overnight; in morning slice off and bake.

—Mrs. Walter Scott

PLAIN SUGAR COOKIES

1 cup sugar; 1 cup shortening; 2 eggs; 1 tsp. soda; 2 tssps. cream of tartar in flour; nutmeg and vanilla; pinch of salt; ½ cup milk.

Use enough flour to handle easily, make in roll, chill over night, slice and bake. Add raisins, nut meats or coconut if desired.

—Myrtle LaPage

OATMEAL ICE BOX COOKIES

1 cup brown sugar; 1 cup lard and butter; 2 cups oatmeal; 2 cups flour; ½ cup hot water; 1 tsp. soda; salt.

Shape in roll. Chill. Slice and press with fork.

—Mrs. Weldon Flemming

COOKIES

½ cup shortening; 1½ tsp. sugar; 1 egg; 1 pkg. sweetened pudding powder; 1 cup oatmeal; 1 cup flour; 1 tsp. Acadia baking powder; 1 tsp. soda; ½ tsp. salt.

Roll in little balls and press down with fork.

—Mrs. Ronald Tracey

ORANGE ICE BOX COOKIES

1 cup shortening; ½ cup brown sugar; ½ cup white sugar; 1 egg; 2 tbsps. orange juice; 1 tbsps. grated rind; 2½ cups flour; ½ tsp. soda; ½ cup nuts.

Cream shortening and sugar, add well beaten egg; add flour, soda, orange juice and rind and nuts. Chill, then roll in long roll. Wrap in wax paper and chill overnight. Slice thin and bake.

—Agnes McKinney

SUGARLESS DATE CRUNCHES

1 can sweetened condensed milk; ½ lb. graham crackers; ½ lb. pitted dates (1 cup); 1 tsp. cinnamon.

Blend together sweetened condensed milk, graham cracker crumbs, chopped dates and cinnamon.

Drop by spoonfuls on a buttered baking sheet and bake in a moderately hot oven (375°) for 15 minutes.

—Ottawa Canadian Club

ICE BOX GINGER SNAPS

1 cup molasses; 1 cup shortening (¾ hard, ¼ butter); 1 tsp. soda; 3 tssps. ground ginger; 1 tsp. mixed spice; ½ tsp. cinnamon; ½ tsp. nutmeg; ¼ tsp. cloves; salt; 3 cups bread flour or ¾ cups pastry flour.

Barter will be very soft — cool, then form into rolls and put in ice box. When very cold and hard cut with very sharp knife and cook as any other ginger snap. Rolls can be kept for some time and baked when needed.

—Mrs. R. W. L. Earle

CHOCOLATE MINT COOKIES

1 cup shortening; 1 cup sugar; 1 egg; 2 squares melted chocolate; ½ tsp. peppermint extract; ½ cup milk; 2 cups flour; 2 tssps. Acadia baking powder; ½ tsp. salt; walnut meats.

Cream shortening, add sugar. Beat in eggs, and melted chocolate and peppermint. Mix in flour alternately with milk.

Drop by teaspoon on greased baking sheet. Place half a walnut on each cookie and bake in a moderate oven.

—Mrs. Morley Flemming

BOSTONS

1½ cups brown sugar, 3 eggs; 1 cup shortening; 1 tsp. cinnamon; ½ tsp. ginger; 2½ cups flour; ½ cup sweet milk; 1 tbsps. molasses; 1 cup raisins; ½ cup nut meats; ½ tsp. nutmeg; 1 tsp. soda in ½ cup hot water.

Cream shortening, sugar and molasses. Add eggs, milk, seasonings, soda and flour. Add raisins and nut meats last. Drop on greased tin and bake.

—Flora A. Pierce

PEANUT BUTTER DROP CAKES

1 cup brown sugar; 1 cup white sugar; 1 cup butter and shortening; 2 small tssps. soda; salt; 2½ cups flour; 2 eggs; 2 tbsps. water; ½ cup peanut butter.

Cream butter and sugar. Add eggs, flour, etc., and mix all together. Drop by spoon on a buttered pan.

—Muriel W. McCain

PUMPKIN COOKIES

1½ cups brown sugar; ½ cup shortening; 2 eggs; 1½ cups pumpkin; ½ tsp. salt; ¼ tsp. ginger; ¼ tsp. nutmeg; ¼ tsp. cinnamon; 1 tsp. lemon; 1 tsp. vanilla; 2½ cups flour; 4 tps. Acadia baking powder; 1 cup raisins; 1 cup chopped nuts.

Cream the shortening and sugar together. Add eggs, pumpkin, seasonings, and extracts. Sift the dry ingredients and combine with the sugar mixture. Add the raisins and nuts and blend thoroughly. Drop from a teaspoon on a well oiled baking sheet. Bake 15 minutes at 400 °F. Makes about 2½ dozen.

—Mrs. Garnet Manuel

BACHELOR BUTTONS

2 eggs (well beaten); 1½ cups brown sugar; ½ cup shortening; 1 tsp. salt; 1 tsp. vanilla; 1 tsp. soda dissolved in 1 tps. hot water; 2 cups flour, nut meats.

Drop from spoon and bake in hot oven.

—Mrs. John W. Clark

PINEAPPLE COOKIES

1½ cups white sugar; ¾ cup melted butter; 2 eggs well beaten; 1 tsp. lemon extract; 1 large cup crushed pineapple; 3 cups flour; 1 tsp. cream of tartar; 1 tsp. soda; salt. Drop from spoon on greased pan.

Bake in moderate oven.

—Mrs. A. Anworth

BROWN BETTIES

1 cup sugar; 2 cups flour; 1 egg; 2 tps. butter; ½ tsp. soda; 1 tsp. cream of tartar; ½ tsp. salt; 4 tps. milk; ½ cup chopped nuts; ½ cup chopped raisins.

Drop from a teaspoon and bake in a quick oven.

—Gwen Glass

BROWN SUGAR DROP COOKIES

2 eggs; 2 cups brown sugar; 1 cup shortening. Cream these together. ¾ cup buttermilk; 1 tsp. salt; 1 tsp. vanilla; 3 cups flour with 1 tsp. soda sifted in; raisins, dates or nut meats.

—Mrs. Hugh S. Hunter

DOROTHY'S SQUARES

1 cup brown sugar; ½ cup butter. Boil 2 minutes. Beat in 1 tsp. Acadia baking powder until it foams. Then add 2 cups oatmeal; 1 tsp. vanilla. Bake ½ hour in moderate oven. Cut in squares while hot.

—Mrs. J. B. Sutherland

ORANGE DROPS

1½ cups flour; 1½ tps. Acadia baking powder; ½ tsp. salt; ½ cup sugar; 1 tsp. grated orange rind; ½ cup butter; 1 egg; 2½ tps. orange juice; ½ cup chopped nuts; 1 cup seedless raisins; ½ tsp. lemon flavoring.

—Miss Mary Powers

TOLL HOUSE COOKIES

Cream ½ cup butter with 6 tps. white sugar and 6 tps. brown sugar. Add 1 egg beaten; add ½ tsp. soda; 1½ cups sifted flour and ½ tsp. salt. Add a few drops of hot water. Mix together until well blended. Lastly add ½ cup chopped nuts and a bag or 7 oz. of semi-sweet chocolate morsels. Flavor with ½ tsp. vanilla and drop by half teaspoonsful on a greased cookie sheet. Bake 10 to 12 minutes in 375 °F. oven. Makes 50 cookies.

—Mrs. Hilton Tweedie

FRENCH STYLE COOKIES

1 cup sifted pastry flour; ½ tsp. salt; ½ cup butter; ½ cup brown sugar; ½ cup granulated sugar; 1 egg; ½ tsp. soda dissolved in 1 tsp. hot water; 1 tsp. vanilla; ½ cup chopped walnuts or pecans; 1 5-oz. bar Neilson's "French Style" chocolate cut in small pieces (size of a pea).

Measure flour, add salt, cream butter and blend in sugars; beat and add eggs; sift in half of flour, add soda and water, then sift in remaining dry mixture, add vanilla, nutmeats and Neilson's "French Style" chocolate. Drop mixture by spoonfuls about 1 inch apart on greased pan. Bake in oven 400 °F. about 12 minutes. Makes 50 to 60 dainty cookies.

—Mrs. Alden Bartley

CHOCOLATE FUDGE COOKIES

1½ cups brown sugar; ½ cup butter; 1 egg; ½ cup milk; 2 tps. Acadia baking powder; 2 cups flour; 1 tsp. vanilla; ½ tsp. salt; 2½ squares melted chocolate.

Cream the shortening; add sugar gradually. Add the egg and beat. Mix the baking powder with the salt and flour. Add vanilla to the milk. Add the liquid and the dry ingredients alternately to the egg mixture, adding dry ingredients first and last. Add melted chocolate. Drop from a teaspoon onto greased baking sheets. Bake ten minutes in a moderately hot oven. Serve plain or with chocolate icing.

—Stella Burpee

SCOTCH FANCIES

2 eggs (beaten); ¾ cup sugar; ½ cup melted butter; two cups coconut; 1½ cups oatmeal; 1 tsp. vanilla.

Beat sugar well in beaten eggs. Stir all ingredients together well, and drop in spoonfuls on greased pans.

Bake in a moderate oven.

—Mrs. Edw. Bustard

DATE AND NUT COOKIES

1½ cups brown sugar; ½ cup butter; ½ cup boiling water; 1 tsp. soda; ½ tsp. salt; 3 cups flour; 1 tsp. vanilla; ½ cup chopped nut meats; ½ cup chopped dates, 1 egg well beaten.

Add sugar and butter, add soda in boiling water and other ingredients in order given. Drop on cookie sheet, bake in moderate oven.

—Mrs. E. L. Day

DATE DROP COOKIES

1 cup brown sugar; 3 tps. shortening; 1 egg; 2 tps. sour milk; 2 cups flour; 1 tsp. soda, salt, vanilla; 1 cup chopped dates and nuts.

—Mrs. Gerie Saunders

MY FAVORITE COOKIES

¾ cup butter or Crisco; 1 tsp. baking soda; 1 cup chopped walnuts; 2 eggs; 1 cup raisins; ½ cup hot water; 1 cup brown sugar; 1 cup chopped dates; 2 cups flour (use some to flour fruit); 1 tsp. vanilla; ½ tsp. salt.

Cream butter, add sugar gradually and mix well. Add beaten eggs; add salt and vanilla. Flour fruits and nuts and add to mixture. Dissolve soda in hot water and add alternately with remainder of flour. Drop in small teaspoons on buttered sheet and bake at 350 °F. from 12 to 15 minutes, or until nicely browned. Sometimes I like to use a cup of glazed fruit instead of dates. Cookies keep almost indefinitely.

—Mrs. R. H. McGregor

HONEY DROP COOKIES

¾ cup honey; ½ cup butter; 1 egg; 1 tsp. Acadia baking powder; 1 tsp. soda; 1 tps. hot water; 1½ cups flour; 1 cup nuts, cherries, raisins or dates as desired.

Heat honey and butter until butter melts. Add soda dissolved in hot water and allow to cool. When cool add well beaten eggs, then flour and baking powder sifted together. Drop by spoonfuls on a buttered baking sheet and bake in a moderate oven.

—Mrs. W. H. Sharpe

SCOTCH DROP COOKIES

¾ cup sugar; 1 cup shortening; 1 egg; ½ tsp. soda; ½ tsp. cream of tartar; 1 tsp. salt; 1 tsp. flavoring; flour, 2 cups or a little more. Form in balls and press flat with fork.

Mrs. Milton Jones

CHOCOLATE OATMEAL DROP COOKIES

½ cup shortening; ½ cup sugar; 1 egg; ½ tsp. salt; ½ cup milk; 1 sq. unsweetened chocolate (melted); 1 cup sifted pastry flour or 2 tps. less for bread flour; 2 tps. Acadia baking powder; 1½ cups oatmeal; 1 tsp. vanilla.

Mix well, cook as drop cookies.

—Muriel W. McCain

DROP COOKIES

½ cup butter; 2 eggs; 1 cup brown sugar; 2 cups flour; 1 tsp. Acadia baking powder; ½ tsp. soda; ½ cup chopped raisins; ½ cup chopped dates; flavoring.

Mix in order given and drop from teaspoon on cookie sheet, not too close together. Bake at 375 °F.

—Mrs. Thos. Carter

ALMOND COOKIES

1 cup butter; 1 cup brown sugar; 3 cups flour; 1 tsp. soda; 2 tsp. cream of tartar; 1 tsp. vanilla.

Drop on greased pan, press almond on top and bake.

—Mrs. Howard MacDonald

PINEAPPLE DROP COOKIES

1 cup brown sugar; ½ cup butter; 1 egg, well beaten; ¾ cup strained pineapple (crushed); 2 cups flour; ½ tsp. salt; ½ tsp. soda; 1 tsp. Acadia baking powder; ½ cup walnut meats.

Sift together flour, salt, soda and baking powder. Cream butter thoroughly, add sugar and beat well, then add well beaten egg and beat until light and fluffy before adding pineapple. Lastly mix in flour mixture a little at a time. Bake in moderate oven until nicely browned.

—Mrs. Harry Albright

—Peggy Alton Belyea
—Mrs. Guy Melvin

DROP COOKIES

2 eggs; 1½ cups brown sugar; ½ cup butter; 1 tsp. soda dissolved in ½ cup sour milk; 1 tsp. cinnamon; 1 tsp. cloves; ½ tsp. salt; 1 cup raisins; ½ cup nut meats; flour enough to drop from spoon.

—Gertrude F. Boyer

NUT CRISPS

1 tbsp. butter; 1 cup sugar; 2 eggs; 2 tps. Acadia baking powder; 1 tsp. salt; 2 tps. vanilla; 2 1/2 cups rolled oats (fine cut).
Drop from teaspoon. Take out while hot.

—Mrs. Madeline Dykeman

OATMEAL DROP COOKIES

1/2 cup shortening; 1/2 cup butter; 1 cup brown sugar; 1 tsp. vanilla; 1 tsp. soda put in 1/2 cup boiling water; 2 cups oatmeal; 2 cups flour; 1 tsp. salt.

Method: Cream shortening and sugar; then add vanilla and soda dissolved in 1/2 cup boiling water; add salt and flour. Lastly add oatmeal. Take 1 tsp. dough and roll in a ball and mash with a fork.

—Jean Stephenson

OATMEAL DROP COOKIES

(Egless)

1 1/2 cups brown sugar; 1/2 cup shortening; 1 cup milk; 3 cups flour; 1 1/2 cups oatmeal; 3 tps. Acadia baking powder; 1 tsp. salt; 1 tsp. vanilla; 1 cup chopped dates.

—Madeleine D. Shaw

SALTED PEANUT COOKIES

1 cup shortening; 1 cup brown sugar; 1 egg; 1 1/2 cups flour; 1/2 tsp. soda; 1/2 tsp. Acadia baking powder; 1 1/2 cups oatmeal; 1/2 cup cornflakes; 1 cup salted peanuts; 1 tsp. vanilla.

Drop by teaspoon on buttered tin.

—Myrtle Craig

MRS. JOE GRANT'S COOKIES

3 eggs; 2 cups white sugar; 1 cup butter or shortening; 1 cup buttermilk; 4 tps. soda; 3 tps. cream of tartar; 2 tps. lemon extract; pinch of ginger; pinch of salt. Do not knead too hard. Roll out on board. Bake in moderate oven.

—Mrs. George Campbell, Sr.

SUGAR COOKIES

1 cup white sugar; 1 cup butter; 1/2 cup sweet cream; 2 tps. cream of tartar; 1 tsp. soda; vanilla and salt; flour enough to roll out.

Method: Cream butter and sugar. Add beaten eggs, beat until light, then add cream. Sift flour, salt, cream of tartar and soda three times, add to first mixture. Vanilla.

—Mrs. Harry Fowler

BROWN SUGAR DROP COOKIES

1 cup brown sugar; 1/2 cup butter; 1 egg; 5 tps. milk; 1 tsp. soda; salt and vanilla; 2 cups pastry flour; 1/2 cup dates, raisins or nuts; 1/2 cup cocoanut.

Drop from spoon and bake in moderate oven.

—Helen R. Annett

DROP COOKIES

2 eggs; 2 cups brown sugar; 1/2 cup butter; 1 cup thick sour cream; 2 tps. soda; 1 tsp. cream of tartar; 4 1/2 cups flour; nutmeg, salt and raisins.

—Mrs. James Seely

BROWN SUGAR COOKIES

2 heaping cups brown sugar; 1 cup butter (or other shortening); 3 eggs; 1 cup milk; 2 tps. cream of tartar; 1 tsp. soda; 1 cup chopped raisins; 1/2 cup nut meats; 1 tsp. vanilla; 1/2 tsp. salt. Flour enough to roll out. Let mixture stand 1 hour. Bake in moderate oven.

—Mrs. A. E. Hartley

HERMITS

Cream well 6 tps. shortening, blend in gradually 1/2 cup packed brown sugar. Beat well and add 1 egg. Sift and measure 1 cup flour and sift again with 1 tsp. Acadia baking powder; 1/2 tsp. salt; 1 tsp. cinnamon; 1/2 tsp. nutmeg and add gradually to first mixture. Add 2 tps. chopped nuts; 2 tps. currants; 2 tps. raisins; 2 tps. chopped dates.

Drop by teaspoon on greased pan. Cook in moderate oven 375° F. about 15 minutes.

—Mrs. Isaac Jones

HERMITS

2 cups brown sugar; 3 eggs; 1/2 cup sour cream; 1 cup mixed shortening; 1 cup raisins; 1 cup currants; 2 tps. molasses; spice to taste; 1 tsp. soda; salt; flour to roll out.

—Ada L. Clarke

MINCEMEAT HERMITS

1/2 cup shortening; 1 1/2 cups brown sugar; 3 eggs well beaten; 2 1/2 cups flour; 1/2 tsp. baking soda; 1/2 tsp. cinnamon; 1/2 tsp. nutmeg; 1/2 tsp. salt; 1 cup mincemeat; 1 cup chopped walnuts.

Method: Cream shortening, add sugar and eggs. Sift flour, baking soda, cinnamon, nutmeg, salt, add gradually. Then add mincemeat and walnuts.

—Marie McCain

MARY'S COOKIES

2 eggs; 1 cup butter; 1 cup sugar; 3 tps. milk; 1/2 tsp. soda; add flour enough to make a dough; roll thin and bake quickly.

—Mrs. Chas. Drost

BROWN SUGAR COOKIES

2 eggs; 1 1/2 cups brown sugar; 1/2 cup lard and butter; 2 tps. milk; 2 tps. cream of tartar; 1 tsp. soda; 3 cups of flour; vanilla.

—Mrs. Albert Bell

PINEAPPLE DROP COOKIES

1/2 cup butter; 2 eggs; 1 cup white sugar. Cream the above ingredients. Add 1 small can crushed pineapple; 1 1/2 cups flour; 1/2 tsp. soda; 1 1/2 tps. Acadia baking powder; vanilla; salt.

—Amy Perry

SUGAR COOKIES

1 or 2 eggs; 1 cup sugar; 1/2 cup shortening (not melted); 1/2 cup milk; 1 tsp. salt; 1 tsp. soda; 1 tsp. cream of tartar; nutmeg or lemon; flour to roll.

—Mrs. Vernon Rideout

—Mrs. J. A. Brooks

—Mrs. Burden Allen

DROP COOKIES

1/2 cup shortening; 1 heaping cup brown sugar; 1/2 tsp. salt, creamed well; 1 egg; 2 cups sifted flour; 2 tps. Acadia baking powder; 1/2 tsp. soda; flavoring.

In half of mixture add 1/2 cup raisins. In other half 1/2 cup chopped peanuts.

Roll in balls and press with fork. Bake in moderate oven.

—Mrs. F. K. Brown

DATE FILLED COOKIES

1 cup sugar; 1 cup shortening; 1/2 cup milk; 2 cups oatmeal (ground); 2 1/2 cups flour; 3 tps. Acadia baking powder; 1 tsp. salt.

Filling: 1 cup stoned dates; 1 cup sugar; 1 cup boiling water. Cook until thick and fill cookies as needed.

—Mrs. S. C. Esabrooks

GRAHAM BROWNIES

1 cup melted butter; 2 cups brown sugar; 2 eggs; 2 tps. sour milk; 2 cups flour; 2 cups graham flour; 1 tsp. salt; 1/2 tsp. soda; nutmeg.

Roll thin and bake. When ready to use fill with raisin or date filling.

—Mrs. Frank E. Gray

CHOCOLATE CHIP COOKIES

1 pkg. (8 oz.) Baker's Dot Chocolate; 1 cup sugar; 1/2 cup brown sugar, firmly packed; 1 egg, well beaten; 1 tsp. vanilla; 1/2 cup butter or other shortening; 1 cup sifted flour; 1 tsp. salt; 1/2 tsp. soda; 1/2 cup chopped nut meats.

Cut each small square of chocolate in 4 to 6 pieces. Cream butter, add sugars gradually and cream together until light and fluffy. Add egg and mix thoroughly. Sift flour once, measure, add salt and soda and sift again. Add flour in two parts and mix well. Add cut chocolate, nuts and vanilla and mix thoroughly. Drop from teaspoon on greased baking sheet 2 inches apart. Bake in moderate oven (375° F.) 10 to 12 minutes.

—Mrs. D. W. Neilson, M. P.

DATE COOKIES

1 egg; 1 cup butter or lard; 1 cup sugar; 1 cup molasses; 2 tps. buttermilk; 2 tps. soda dissolved in a little warm water; salt and vanilla.

Roll thin and bake and fill.

Filling: 1 lb. dates; 1 cup water; 1/2 cup sugar. Boil slowly 30 minutes, add a little butter and vanilla. When cool put between cookies.

—Jennie Gabriel

ORANGE COOKIES

1 cup butter; 1 cup sugar; 1 egg; grated rind of 1 large orange; 4 tps. orange juice; 1 tsp. soda in juice; 3 cups sifted flour.

Cream butter, sugar and grated rind; add beaten eggs, orange juice and soda, then flour.

Roll thin and bake.

—Mrs. Fred C. Weir

COCOANUT WAFERS

1/2 cup butter; 1 cup sugar; 1/2 cup cocoanut soaked in 4 tps. milk for 15 minutes; 2 cups flour; 2 tps. cream of tartar; 1 tsp. soda; 1 tsp. vanilla.

Roll thin and cut in strips; sprinkle with cocoanut.

—Mrs. F. Carvell Cook

SOUP CREAM COOKIES

2 cups sugar; 1/2 cup shortening; 1 1/2 cups sour cream; 2 eggs; 2 tps. soda (scant); 1 tsp. cream of tartar; 1/2 tsp. salt; vanilla.

Flour to roll not too stiff. Do not roll too thin.

—Mrs. Nelson Hillman

LEMON COOKIES

1 cup white sugar; 1 cup butter; 1 egg; 2 cups flour; 1 tsp. cream of tartar; 1 tsp. soda. Mix thoroughly, roll out thin. Filling: 1 cup sugar; 1 cup coconut; 1 egg well beaten; 1 tsp. corn starch; juice and rind of one lemon.

Cook in double boiler and when cookies are cold spread between two cookies.

—Mrs. Edmund Robinson

CHOCOLATE COOKIES

1 cup brown sugar; 1 cup butter melted; 1 cup sweet milk; 1 1/2 cups flour sifted; 1 cup walnuts; 2 squares melted chocolate; 1 egg; 1 tsp. cream tartar; 1 tsp. soda; 1 tsp. salt; 1 tsp. vanilla.

Cream butter and sugar; add egg, chocolate, milk; flour, salt, cream of tartar, and soda sifted together; vanilla. Bake in a hot oven.

—Mrs. Mac Olmstead

GRAHAM COOKIES

1 cup white sugar; 1 cup butter; 2 eggs; 5 tbsps. sour milk; 1 cup flour; 1 tsp. soda; salt; 2 1/2 cups graham flour; 1 tsp. vanilla.

Roll thin, bake, and fill with date filling.

—Mrs. Fred C. Weir

GINGER COOKIES

Cream 2 cups brown sugar with 1 cup shortening, add 1 cup molasses; 1 level tsp. ginger; salt; 1 cup sour milk or buttermilk; 2 tbsps. baking soda (in flour). Mix at night with as much flour as you can stir in with a stiff spoon.

Let stand overnight. In the morning roll to thickness of an ordinary cookie when baked. Bake in a moderate oven.

—Senator Iva Fallis

JAM JAMS

1 egg; 1 cup butter; 1 cup molasses; salt; 1/2 cup sugar; vanilla; 2 tps. soda dissolved in 3 tps. boiling water.

Mix soft, roll thin, cut out and cook. Put together with jelly.

—Mrs. Frank Jewett

—Edna T. Longstaff

JAM JAMS

1 cup shortening; 1 cup brown sugar; 1 egg; 1/2 cup molasses; 2 tps. soda; 4 tps. hot water; 1 tsp. salt; 1 tsp. vanilla; 1 tsp. ginger; flour to roll.

Chill slightly. Roll, bake and fill with jelly, dates, or any filling desired.

—Mrs. Karnes

FILLED MOLASSES COOKIES

1/2 cup brown sugar; 1/2 cup shortening; 1/2 cup molasses; 1/2 cup hot water; 2 tps. soda; 2 tps. vanilla; 1 tsp. salt; 4 cups sifted pastry flour.

Method: Cream sugar and shortening, add molasses and vanilla. Dissolve soda in hot water and add alternately with flour and salt. Roll thin. Cut with cookie cutter. Spread one-half of cookie with filling, place another cookie on top and press edges together. Bake in moderately hot oven.

Filling: 1/2 cup water; 1 cup sugar; 1 pkg. dates; 1 tsp. lemon extract. Cook until thick and cool.

—Margaret L. Kirkpatrick

MOLASSES COOKIES

1/2 cup shortening; 1/2 cup sugar; 1/2 cup molasses; 3 level tps. soda in molasses and beat until it foams; 2 eggs; 2 tps. warm water; 3 cups flour; 2 tps. ginger; 2 tps. cream of tartar; salt.

Mix and let stand awhile to cool, better if left overnight. Roll out and bake.

—Mrs. Anita Giberson

GINGER SNAPS

1 cup sugar; 1 cup molasses; 1 cup hot lard; 1/2 cup hot coffee or tea; 1 tsp. salt; 1 tsp. ginger; 4 tps. soda; 1 tsp. cream of tartar.

Put sugar and molasses into mixing bowl and pour hot fat and whatever hot liquid you use, stir and let remain until only lukewarm. Add other ingredients with flour, sifting all together. Let remain at least 2 hours or overnight before rolling out.

—Mrs. J. K. Flemming

OATMEAL COOKIES

1 cup sugar; 1 cup shortening; 1/2 cup sour milk; 1 tsp. soda; 2 cups oatmeal; 2 cups flour; 1 tsp. salt; vanilla.

Mix sugar and shortening, dissolve soda in sour milk and add to sugar and shortening; add oatmeal, flour, salt and vanilla and roll thin.

—Mrs. Russell Dow

MOLASSES COOKIES

1 cup molasses; 1/2 cup sugar; 1 egg; 2 tps. vinegar; 1/2 cup sweet milk; 1/2 cup shortening; 1 tsp. ginger; 1 tsp. cloves; 1 tsp. cinnamon; 2 tps. soda; 1 tsp. salt; flour to roll.

—Mrs. Robert Ferry

—Anna M. Blackie

—Mrs. Minnie Kilpatrick

PINEAPPLE COOKIES

1 cup crushed pineapple (put over a strainer and let drain); 1 lb. butter; 2 eggs; 1 cup sugar; 1 1/2 cups flour; 1/2 tsp. soda; 1 1/2 tps. Acacia baking powder; 1 tsp. vanilla.

—Mrs. Clarence Turnbull

OATMEAL COOKIES

1 cup shortening; 1 1/2 cups flour; 1 1/2 cups oatmeal; 1 1/2 cups brown sugar; 1 tsp. soda; 2 tps. Acacia baking powder; 4 tps. milk; 1 tsp. maple flavoured.

To mix: Blend all ingredients like pie crust. Roll quite thin on lightly floured board and bake in moderate oven.

—Mrs. Harry Tompkins

MOLASSES COOKIES

1/2 cup white sugar; 1 cup molasses; 1 large cup shortening; 1 tsp. salt; 1 tsp. ginger and nutmeg; 1 or 2 eggs; 2 tps. soda dissolved in a little hot water; 2 tps. vinegar; flour to roll (very thin).

—Mrs. W. R. Britton

—Phyllis C. Manuel

—Eva LaPage

MOLASSES COOKIES (EGGLESS)

1 cup sugar; 1 cup molasses; 1 cup shortening; 1/2 cup boiling water; 2 heaping tps. soda dissolved in the water; 2 tps. vanilla; 1 tsp. salt; flour to roll not too stiff.

Roll out quite thin.

—Mrs. Roy A. Good

—Mrs. Ethel Gallop

—Mrs. Fannie Cox

GINGER SNAPS

1 cup molasses; 1/2 cup sugar; 1/2 cup shortening. Boil together 2 minutes and cool. Add 1/2 cup hot tea or water; 2 heaping tps. soda; 2 tps. ginger; 1 tsp. salt; 3 cups flour.

Let stand overnight. Roll thin. Bake in hot oven.

—Mrs. Robert Tompkins

—Mrs. Frank Bragdon

OATMEAL COOKIES

2 cups oatmeal; 2 cups flour; 1 cup shortening; 1 cup sugar; 1 tsp. soda; 1 tsp. vanilla or grated rind of an orange; 1 tsp. salt.

Mix oatmeal, flour, shortening, sugar and soda together. Then wet with sweet cream to knead, about 1 cup.

—Mrs. Arthur Everett

—Mrs. Mabel Kitchen

OATMEAL COOKIES

1 egg; 2 1/2 cups oatmeal; 1 cup sugar; 2 cups flour; 1/2 cup shortening; 3 tps. milk; 3 tps. molasses; 1 tsp. soda; salt; vanilla.

—Mrs. B. C. Allen

OATMEAL COOKIES

1 cup shortening (half butter, half lard); 1 cup brown sugar; 2 cups oatmeal; 1 tsp. soda dissolved in 3 tps. hot water; 1 tsp. vanilla; 2 cups flour, pinch of salt.

Method: Cream shortening, add sugar, small amount at a time. Then add remainder of ingredients in order given.

—Mrs. Wilmont Gregg

GRAHAM CRACKERS

1 cup sugar; 1 cup shortening; 1 egg; 1 tsp. soda; 1 tsp. cream of tartar; 2 cups graham flour; 1 cup white flour; enough sweet milk to roll.

Cut in squares and bake.

—Ethel M. Caldwell

BUTTER COOKIES

1/2 cup brown sugar; 1 cup melted butter; 1 egg; 1 tsp. vanilla; 2 cups flour; 1 tsp. soda; 1 tsp. cream of tartar.

Drop from teaspoon and press with fork dipped in cold water. Bake in moderate oven.

—Mrs. Hugh Tweedie

FRUIT COOKIES

1 egg; 1 cup sugar; 1/2 cup milk; 1/2 cup lard or butter; salt; 2 tps. cream of tartar; 1 tsp. soda; 1 tsp. vanilla; 3 1/2 cups flour.

This is all the flour necessary for rolling them out. Roll very thin; cut out and put a spoonful of filling on, then put another cookie on top; press down edges. Bake.

Filling: 1 cup raisins; 1/2 cup sugar; 1 tsp. flour; 1/2 cup water; salt. Cook until it thickens; let cool.

—Mrs. Ernest L. Dyer

BUTTERSCOTCH COOKIES

1 cup brown sugar; 2 eggs; 2 1/2 cups flour; 1/2 cup shortening; 1/2 cup butter; 2 tps. cream of tartar; 1 tsp. soda; 1 tsp. vanilla; 1/2 tsp. salt.

Cream shortening and sugar, add beaten eggs, put cream of tartar and soda in flour. Make in a little pat and press down with a fork.

—Mary Hatfield

HEALTH COOKIES

1 $\frac{1}{4}$ cups sugar; 1 cup lard; $\frac{1}{4}$ cup sour milk; 2 tps. soda; 2 tps. vanilla; 2 eggs. Mix stiff with graham or whole-wheat flour and roll with white flour.

—Ethel M. Caldwell

OATMEAL COOKIES

2 cups brown sugar; 1 cup butter; 2 eggs; 2 tps. cream; 3 cups rolled oats; 3 cups sifted flour; 2 tps. cream of tartar; 1 tsp. soda; salt; vanilla. Roll thin.

—Mrs. Lucy McLaughlin

SAND TARTS

1 cup sugar; $\frac{1}{4}$ cup butter; 1 egg; flour to thicken.

Cream butter and sugar, add egg and mix well, then gradually sift in flour until it is stiff enough to handle. Roll out, cut in desired shapes, sprinkle with sugar and cinnamon and bake on a greased cookie pan in hot oven.

—Mabel Billings

MELTING MOMENTS

$\frac{3}{4}$ cup brown sugar; 1 cup butter; 1 egg; $\frac{1}{4}$ tsp. soda; 1 tsp. cream of tartar; 2 $\frac{1}{4}$ cups flour; 1 tsp. vanilla.

Drop in spoonfuls on buttered pan, press with a fork and bake until done.

—Mrs. Wilnot Gibson
—Mrs. Wm. Scott

NEVER FAIL COOKIES

2 eggs; 1 $\frac{1}{4}$ cups white sugar; 1 cup butter; $\frac{3}{4}$ cups sifted flour; 2 tps. cream of tartar; 1 tsp. soda; 1 tsp. vanilla; little salt.

Form into small balls and press each way with fork, making cookies flat. Bake in medium oven, brown slightly. Part brown sugar may be used in this recipe.

—Mrs. Carlton Williamson

WALNUT ORANGE COOKIES

1 cup shortening; $\frac{1}{4}$ cup white sugar; $\frac{1}{4}$ cup brown sugar; 1 egg; 2 $\frac{1}{4}$ cups pastry flour; $\frac{1}{4}$ tsp. baking soda; 1 tsp. salt; 2 tps. orange juice; 1 tsp. grated orange rind; $\frac{3}{4}$ cup chopped nuts; $\frac{1}{4}$ cup corn starch.

Method: Cream shortening, add sugar and unbeaten egg. Add sifted dry ingredients alternately with orange juice. Add orange rind and chopped nuts. Chill the batter, then drop by spoonfuls on cookie sheet, flatten with tines of fork, bake in a hot oven.

—Mrs. Weston Orser

CHERRY CAKES

Shortbread Style

Cream 1 cup butter very well. Into it work $\frac{3}{4}$ cup brown sugar and cream both together for 5 minutes. Beat in the yolk of 1 egg, and gradually sift in 2 cups flour. Knead the mass with the hands until soft and pliable.

Form into soft balls, and place them on greased pan. Flatten out with fork. Press a candied or halved maraschino cherry in centre of each cake and bake at 325 $^{\circ}$ F. until a delicate brown.

—Mrs. Manderville-Bell

—Mrs. Wm. P. Nixon

—E. M. Elliott
—Grace Foster

GINGER SNAPS

1 cup white sugar; 1 cup shortening; 1 cup molasses; 2 eggs; 2 tps. soda dissolved in $\frac{1}{4}$ cup boiling water; 1 tsp. salt; 2 tps. ginger; 2 tps. vinegar; knead plenty of flour until smooth. Roll thin and bake in hot oven.

—Mrs. J. W. Cronin

SWEDISH TEA CAKES

1 cup and two tps. sifted all-purpose flour; $\frac{1}{4}$ tsp. salt; 8 tps. butter and shortening (5 of butter and 3 of shortening); $\frac{1}{4}$ cup white sugar; 1 egg, shredded coconut and black currant jelly.

Measure flour and sift three times with salt; cream butter with shortening. Gradually blend in sugar, add yolk of egg and mix thoroughly, gradually work in flour, then roll portions of the dough in small balls and flatten and dip in egg white, which has been slightly beaten, coat well with coconut. Place on greased pan, indent with finger tips. Bake in slow oven about 20 minutes. Then before serving fill cavities with black currant jelly.

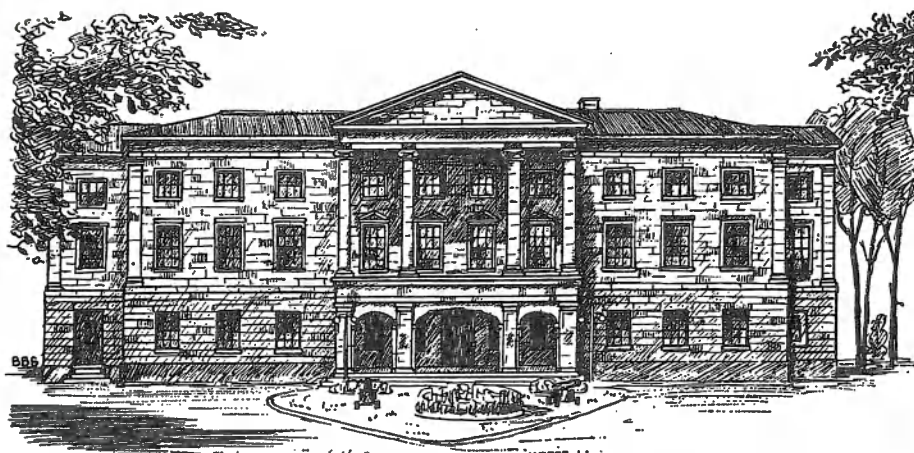
—Mrs. Wendell Nixon

SWEDISH TEA CAKES

1 cup butter; 1 cup brown sugar. Cream until real fluffy. Then add yolks of two eggs; 2 $\frac{1}{4}$ cups flour.

In a separate bowl, partly beat two egg whites. Chop one cup nut meats real fine. Take a small piece of dough and form into a ball in hands, then first dip in egg white, then in nuts. Make a hole in top with thumb before cooking and when partly cooked remake hole with thumb. When cooked fill hole with jelly.

—Mrs. M. M. Bell
—Mrs. Ewen Dickinson



THE PROVINCE BUILDING
Charlottetown, Prince Edward Island

This historic building home of the Provincial Legislature, was built in 1847 and houses the famous Confederation chamber. It was here the Fathers of Confederation met in 1864.

THIMBLE COOKIES

$\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup brown sugar; 1 cup flour; 1 egg yolk.
Rub together the above four ingredients and put out to chill. Roll in balls, dip in egg white, then in nut meats. Put a thimble hole in each before dipping in egg white. After they are cooked fill holes with a cherry or frosting.

—Alice M. Kennedy

SUGAR COOKIES

1 cup white sugar; $\frac{1}{2}$ cup brown sugar; 1 cup shortening or butter; 2 eggs beaten; $\frac{1}{2}$ cup sour cream; sift 3 cups flour with 1 tsp. soda; 1 tsp. salt; $\frac{1}{2}$ tsp. nutmeg. Drop dough on baking pan and press down with fork dipped in cold water. Place a few raisins on top.

—Mrs. Millard Shaw

FAIRY GOLD COOKIES

1 cup shortening; 1 cup brown sugar; $\frac{1}{2}$ cup hot water; $2\frac{1}{2}$ cups flour; 1 egg; 1 tsp. soda; 2 tsp. cream of tartar.
Method: Cream shortening, add sugar, mix well; beat egg and add to mixture. Chill thoroughly. Take out by spoonfuls and roll between palms of hands in small balls. Place on greased baker sheet, press with fork, bake in moderate oven. Put together with jelly.

—Mrs. Charlie Ebbett

CARAMEL SQUARES

$\frac{1}{2}$ cup brown sugar; $\frac{1}{2}$ cup butter or shortening; 2 egg yolks (beaten); 1 tsp. vanilla; $1\frac{1}{2}$ cups flour; 2 tps. Acadia baking powder.
Mix well together and press in pan. Sprinkle with chopped nuts. Beat egg whites stiff, add 1 cup brown sugar and spread over former mixture. Bake in slow oven about 25 minutes and cut in squares.

—Mrs. Suther M. O'Regan

DREAM CAKES

2 tpsps. icing sugar; 1 cup flour; $\frac{1}{2}$ cup butter.
Rub together, pack in greased pan. Bake ten minutes. When cooked put following mixture on top and bake 15 minutes:
2 eggs; 1 cup cocoanut; 1 cup nut meats; 1 cup dates; 1 cup brown sugar; $\frac{1}{2}$ tsp. Acadia baking powder; 2 tpsps. flour, salt and vanilla.
Cut in squares.

—Mrs. Harold Crabbe

PEANUT BUTTER COOKIES

1 cup white and 1 cup brown sugar; 1 cup butter; 2 eggs; 1 tsp. vanilla; 2 level tpsps. soda; 3 cups sifted flour; 1 cup peanut butter.
Roll in small balls and press with fork on greased pan.

—Mrs. John Corcoran
—Mrs. M. Markey
—Mrs. Ranka Vail

CHERRY CAKES

1 cup shortening (use part butter); $\frac{1}{2}$ cup brown sugar; 1 egg; pinch of salt; 1 tsp. vanilla; 2 cups sifted flour.
Roll in small balls. Press down in pan with a fork. Bake in a moderate oven. Put a little white icing on top of each and a cherry.

—Mrs. A. C. Lund

SCOTCH CAKES

1 rounded cup brown sugar; 2 cups butter; 6 cups flour; 1 tsp. vanilla; $\frac{1}{2}$ tsp. soda; 1 tsp. cream of tartar; 1 egg.
Method: Cream sugar and butter thoroughly, add well beaten egg and vanilla. Stir in three cups flour to which soda and cream of tartar has been added. Knead other three in. Bake in moderate oven.

—Mrs. George E. Sutherland
—Mrs. Nellie Hopkins

PEANUT BUTTER COOKIES

$\frac{1}{2}$ cup shortening or butter; $\frac{1}{2}$ cup peanut butter; $\frac{1}{2}$ cup white sugar; $\frac{1}{2}$ cup brown sugar.
Cream all together, add 1 egg, $1\frac{1}{2}$ cups flour; 1 tsp. soda; $\frac{1}{2}$ tsp. Acadia baking powder; $\frac{1}{2}$ tsp. salt.
Roll in small balls, put in pan and press down with a fork.

—Mrs. Wm. P. Nixon
—Mrs. Albright Belyea

CARAMEL CAKES

Cream $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup white sugar, add yolks of 2 eggs, then 1 whole egg. Add 3 tpsps. milk; $1\frac{1}{2}$ cups flour; 1 tsp. Acadia baking powder; vanilla.
Spread this mixture in a well greased pan, sprinkle over with finely cut nut meats and 1 cup chopped dates may be also added.

Top Layer: Spread over the above, 2 egg whites, (well beaten); $\frac{1}{2}$ cup brown sugar; $\frac{1}{2}$ tsp. salt.
Bake and cut into squares when cool.

—Mrs. William Simonson

CRUNCHY CRISPS

1 cup butter; 1½ cups brown sugar; 1 egg; 1½ cups oatmeal; 1 cup cocoanut; 1½ cups flour; 1 tsp. cream of tartar; ½ tsp. soda; salt.

Drop on pan by spoonfuls, spread with fork.

—Mrs. Geo. Sibley
—Mrs. H. C.

MOLASSES DROP COOKIES

½ cup shortening; ½ cup white sugar; ½ cup molasses; 1 egg; 1 cup raisins; 2½ cups flour; 1 tsp. cinnamon; ½ tsp. ginger; ½ tsp. cloves, salt; 1 tsp. soda; ½ cup sour milk.

Mix as cake, let batter chill for 1 hr., then bake as drop cookies. Makes 3 doz. cookies.

—W. L.

SPICED OATMEAL COOKIES

½ cup shortening; 1½ cups sugar; ½ cup corn syrup; 1 egg; 1½ cups rolled oats; 1½ cups flour; ½ tsp. salt; 1 tsp. soda; ½ tsp. ginger; ½ tsp. cinnamon; ½ tsp. mace.

Cream shortening; add sugar and corn syrup. Add well beaten egg and rolled oats. Sift together the dry ingredients and add gradually. (The batter is quite stiff). Roll in small balls between the palms of the hands and place two inches apart on an oiled cookie sheet. Flatten with tines of a fork. Bake in a moderate oven, 375 °F., until golden brown, about ten minutes. Yield 150 cookies.

—Mrs. Havelock Black

DATE BARS

1 cup flour; ½ tsp. salt; 1 tsp. Acadia baking powder; 3 eggs; 1 cup honey; 2 tbsps. shortening; 1 lb. chopped dates; 1 cup chopped nuts.

Method: Sift dry ingredients; beat eggs until light, add honey and shortening. Add dry ingredients, then dates and nuts. Spread ½ to 1 inch deep in greased tin, bake in moderate oven. When cool cut in squares or bars, and roll, if desired, in powdered sugar.

—Mrs. F. London

LEMON SQUARES

Bottom: ½ cup butter; ½ cup sugar; 1½ cups flour; 1 tsp. Acadia baking powder; ½ tsp. salt.

Put all together, mix well, pack in pan 8 x 8 inches and bake 10 or 12 minutes.

Lemon Filling: Grated rind and juice of 1 lemon; ½ cup sugar; 2 egg yolks; 1½ heaping tbsps. cornstarch; salt and piece of butter size of a walnut; 1 cup hot water.

Cook until thick. Cool and cover bottom layer which has been baked in a slow oven.

Top: 2 egg whites, beaten stiff; 4 tbsps. sugar. Beat until it stands up well and cover lemon filling. Put back in oven and brown. Cut when cool.

—Mrs. Arthur McIntosh

WALNUT COOKIES

1 cup butter; ½ cup brown sugar; ½ cup white sugar; 2 cups flour; 1 tsp. soda; 1 tsp. cream of tartar; vanilla; 1 egg; ½ cup walnuts.

Make in small balls, press down with a fork, place a nut meat on top of each. Bake in a quick oven 10 or 12 minutes.

—Pearl M. Anderson

DATE SQUARES

1½ cups flour; 1½ cups oatmeal; 1 cup brown sugar; 1 cup butter; 1 tsp. soda; 1 tsp. vanilla; pinch of salt.

Filling: 1½ lbs. dates (chopped); 1 cup boiling water; ½ cup white sugar.

Sprinkle ½ the mixture on pan, spread filling over it, cover with remainder. Bake about 15 minutes in a moderate oven. When cool cut in squares.

—Miss Patricia Riley

BUTTERSCOTCH STICKS

½ cup shortening; 2 cups brown sugar; 2 eggs; 2 cups sifted flour; 2 tbsps. Acadia baking powder; ½ tsp. salt; ½ cup chopped nut meats; ½ tsp. vanilla.

Method: Melt shortening, add sugar, blend thoroughly. When cooled add beaten eggs and vanilla, sift flour, baking powder and salt together, add this to first mixture. Mix in nuts, spread in pan 10 x 14 inches, bake about 20 minutes, cut in sticks 1½ x 3 inches. Let cool in pan. Frost with icing sugar frosting. Yields 42 cookies.

—Mrs. Basil Buckingham

CARAMEL SQUARES

1st Part—Cream together ½ cup butter and 1 cup brown sugar; add 2 egg yolks (beaten); ½ cup milk; 1 tsp. vanilla; 2 cups flour, sifted with 1 tsp. Acadia baking powder.

Spread thinly on shallow pan and press down.

2nd Part—Spread over first mixture the 2 egg whites (stiffly beaten) and sprinkle with 1 cup brown sugar; ½ cup shredded cocoanut; ½ cup walnuts (finely chopped).

—Harriette A. Stoddard

RAINY DAY DATE STICKS

½ cup shortening; 1½ cups sugar; 1 cup sour milk; 1 tsp. salt; 1 tsp. Acadia baking powder; 1 cup cut dates; 1 cup chopped nuts; 3 cups flour.

Mix shortening and sugar well. Add sour milk which has been mixed with soda. Then add flour which has been sifted with salt and baking powder. Fold in dates and nuts. Pour into shallow greased pan, fairly large, and bake 20 minutes. When done cover with powdered sugar and cut into sticks or squares while warm. These make wholesome sweets for school lunch.

—Mrs. Earle

LEMON CRUMBLIES

½ cup white sugar; 1½ cup cracker crumbs; ½ cup flour; ½ cup cocoanut; ½ cup butter (scant).

Take out one cupful of this mixture. Add 1 tsp. Acadia baking powder; 2 tbsps milk to balance.

Filling: 1 lemon, juice and rind; 1 or 2 egg yolks; ½ cup cold water; 1 heaping tbsps. flour; 1 cup white sugar; small piece of butter. Cook in double boiler. Arrange as date squares.

—Mrs. Robert L. Hamilton
—Mrs. Frances Hatfield

PINEAPPLE SQUARES

Roll ½ dozen crackers fine; add ½ cup flour, ½ cup sugar; ½ cup butter and ½ cup cocoanut.

Put in pan. Make pineapple filling: 1 cup crushed pineapple; 1 tbsps. cornstarch blended with 1 tbsps. butter; ½ cup sugar; 1 tbsps. lemon juice.

Cook until thick, spread over crumbs, beat 2 egg whites stiff, with 4 tbsps. sugar and spread over filling. Sprinkle ½ cup crumbs over top.

—Mrs. Hatfield Shaw

DATE SQUARES

1½ cups oatmeal; 1½ cups graham flour; 1 cup white flour; 1 tsp. soda; 1 cup butter or lard; ½ tsp. nutmeg and salt; 1 cup brown sugar.

Cream butter and sugar, add other ingredients, mix thoroughly; spread ½ mixture in greased pan. Cover with filling, spread on rest of mixture, pat down. Bake in moderate oven. Cut in squares while warm.

Filling: 1 lb. dates; 1 cup brown sugar; 1½ cups water. Cook until it forms a thick paste.

—Mrs. H. L. MacDonald

DATE SQUARES

2 cups rolled oats; 2 cups flour; 1 cup shortening; 1 cup sugar; ½ tsp. salt; 1 tsp. soda; ½ cup sour milk.

Date Filling: ½ lb. dates in a saucepan, add 1 cup water. When dates are soft and thick, stir in ½ cup sugar. Cool slightly before putting on dough.

Method: Mix the first five ingredients together thoroughly; dissolve soda in sour milk. Put one-half dough in a greased pan, spread with filling, cover with remaining dough. Bake for 25 minutes.

—Mrs. Robert Tompkins

LEMON SQUARES

1½ cup cracker crumbs; 1 cup flour; ½ cup sugar; grain of salt; ½ cup cocoanut; ½ cup melted butter; 1 tbsps. milk.

Filling: 1 cup cold water; 1 cup sugar; 1 egg; 1 tbsps. butter; 1 tbsps. cornstarch; juice ad rind of 1 lemon.

Cook in double boiler and allow to cool. Pack like date squares. Put in oven and bake to light brown. When nearly cool, cut in squares.

—Mrs. S. W. Bell
—Mrs. Geo. MacFarlane

ORANGE CRUMBLIES

1 cup sugar; ½ cup butter; ½ cup shredded cocoanut; ½ cup cracker crumbs; 2 cups flour; 1 tsp. Acadia baking powder; 1 tbsps. milk.

Filling: ½ cup sugar; 1 orange, pulp, juice and rind; 1 egg; ½ cup water; 1 tbsps. flour; 1 tsp. butter. Cook.

Spread half the crumbs in pan, spread on filling and cover with remainder of crumbs.

Bake about ½ hour or until brown.

—Mrs. Lewis Nielsen

FRUIT BARS

6 tbsps. butter; ½ cup sugar, creamed; 2 eggs beaten light; 1½ cups of flour; ½ tsp. soda; 1 tbsps. water; vanilla and grain of salt; 1 lb. dates and ½ lb. walnuts.

Mix in order given, press in pan and bake in moderate oven.

—Mrs. H. D. MacFarlane

HERMITS

1 cup brown sugar; ½ cup butter; 2 eggs; 1 tsp. cinnamon; 1 tsp. cloves; 1 tsp. nutmeg; 1 scant tsp. soda in 1 tbsps. warm water; ½ cup water; 1½ cups bread flour; 1 cup nut meats; 1 cup dates.

Spread in pan and cook. Cut in squares.

—Mrs. Fred Noddin

DATE SQUARES

1 1/2 cups flour; 1 1/2 cups oatmeal; 1 cup brown sugar; 1 tsp. soda; 1/2 cup shortening; salt.
Put layer of crumbs in pan; pack well. Put filling in, and rest of crumbs on top. Filling: One pound dates, 1 cup brown sugar; 1 tsp. cornstarch; 1 cup hot water. Cook in double boiler until thick.

—Mrs. P. E. Smith

SANDWICH CAKE

1/2 cup butter, 1 cup sugar, creamed; 2 eggs; 1 tsp. salt; 1 tsp. vanilla; 1 1/2 cups flour; 1/2 tsp. soda and 1 tsp. cream of tartar in flour.

Put in pan and spread, then add 1 cup chopped dates, sprinkle over 1/2 cup chopped nut meats. Beat 1 cup brown sugar with white of 1 egg. Spread on top before baking. Cook in slow oven.

—Mrs. Clinton Trafford

NUT GOODIES

1 cup sugar; 1/2 cup butter; 1/2 cup milk; 2 egg yolks; 1 1/2 cups flour; 1 tsp. Acadia baking powder; salt; flavoring; 1 cup walnut meats.

Mix as for sheet cake. Spread thin in pan. Cut walnut meats, spread over cake; beat whites of 2 eggs in 1 1/2 cups of brown sugar and spread over all and bake. While warm, cut in squares.

—Mrs. Jennie Gabriel

CARAMEL SQUARES

1/2 cup brown sugar; 1/2 cup butter or shortening; 2 egg yolks, beaten; vanilla; 1 1/2 cups flour; 2 tps. Acadia baking powder.

Mix well. Press in pan. Sprinkle with chopped nuts. Beat egg whites stiff. Add 1 cup brown sugar, spread over former mixture. Bake in slow oven about 25 minutes.

—Mrs. Roy Steeves

NUT GOODIES

Lower part: 1/2 cup butter; 1 cup sugar (scant); 2 egg yolks; 1 tsp. soda; 2 tps. cream tartar; 1 1/2 cups flour; 1 tsp. vanilla. Cream butter and sugar slightly, add other ingredients, mix thoroughly, but do not beat. Spread in bottom of pan.

Upper part: 2 egg whites, beaten stiff; add slowly 1 cup brown sugar; 1 cup chopped nuts; 1 tsp. vanilla; spread over other mixture. Cook in slow oven. Do not remove from pan or cut until cold.

—Mrs. Charles

BROWNIES

2 squares melted chocolate; 1 cup sugar; 1/2 cup shortening; 2 eggs (beaten); 1 cup flour; 1/2 tsp. Acadia baking powder; 1/2 tps. cold water; 1/2 cup walnut meats; salt; vanilla.

Bake in well greased pan and cut in squares.

—Mrs. J. Speakman

OATMEAL DELIGHTS

1 cup raisins or prunes; 1 cup flour; 1/2 tsp. Acadia baking powder; 1/2 tsp. soda; 1/2 tsp. cinnamon; 1/2 cup butter; 1 cup sugar; 1 egg; 1 cup sour milk or buttermilk; 1 tsp. lemon juice; 1 cup oatmeal; 1 tsp. nutmeg.

Pour hot water over raisins to plump them up, then drain off water. If prunes are used, cook first.

—Mrs. M. Randall

FINGERLINGS

1 cup shortening; 1 1/2 cups brown sugar; 2 eggs well beaten; 1/2 cup molasses; 1 tsp. soda; 2 1/2 cups flour; 2 tps. cocoa; 1/2 tsp. nutmeg; 1/2 tsp. cloves; 1/2 tsp. cinnamon; 1/2 tsp. salt; 1 cup chopped raisins; 1 cup chopped walnuts.

Mix thoroughly. Dredge raisins, nuts with flour, spread. Bake in moderate oven 25 minutes.

Cut in finger-length pieces while warm.

—Mrs. Percy MacDonald

NUT SQUARES

1/2 cup brown sugar; 1/2 cup shortening; 1 1/2 cups flour; 2 tps. Acadia baking powder; 2 egg yolks; 1 tsp. vanilla.

Put in pan. Spread 1/2 cup chopped nuts and 1/2 cup chopped raisins on top. Beat two egg whites stiff, add 1 cup brown sugar to it and spread on top of this. Bake 20 minutes.

—Mrs. Demic Tompkins

FUDGE SQUARES

Small cup flour, sifted; 1/2 tsp. Acadia baking powder; 1/2 tsp. salt; 1/2 cup butter; 2 squares chocolate, melted; 1 cup sugar; 2 eggs, well beaten; 1/2 cup milk; 1 tsp. vanilla; 1 cup chopped nuts.

Sift three times, flour, salt and baking powder. Add butter to chocolate and mix well. Add sugar gradually to eggs, beating thoroughly, then add chocolate mixture. Fold in flour, add milk, vanilla and nuts and mix well.

Bake in greased pan 8 x 8 x 2 in slow oven. When cool, cut in squares.

—Mrs. E. W. Mair

SANDWICH COOKIES

1 cup white sugar; 1 egg and yolk of another; 1/2 cup butter; 1 tsp. vanilla; 1 tsp. soda dissolved in 1 tps. hot water; 2 tps. cream of tartar; 1 1/2 cups flour.

Filling: 1 cup dates; 1/2 cup walnut meats; white of 1 egg; 1 cup brown sugar.

—Mrs. Charles McFarlane

MAPLE WALNUT BARS

Beat 1 egg, add 1/2 cup sugar gradually, beating constantly. Add 1/2 cup melted fat, mix well. Sift together 1/2 cup flour; 1/2 tsp. salt; 1/2 tsp. Acadia baking powder and add to first mixture. Add 1 cup chopped walnut meats; 1/2 cup chopped raisins and 1 tsp. maple flavoring.

Spread in greased pan 8 x 8 x 2, bake in moderate oven for 25 minutes. Cool slightly and, using a long sharp knife cut in bars 1" by 4".

—Helen M. Carter

BROWNIES (SOFT)

1 cup sugar, creamed with 1/2 cup butter; 2 eggs, beaten with 3 tps. cold water; add this to sugar and butter, then add 2 squares of melted chocolate or 2 tps. of cocoa mixed with enough hot water to make a paste; 1 large cup flour with 1 tsp. soda; 1 tps. vanilla; 1/2 cup chopped nut meats.

Mix in order given, spread in pan and bake 20 minutes. When cool cut in squares, put a bit of icing sugar frosting on each square with a nut meat or 1 candied cherry for decoration.

—Mrs. Osbert Whitehouse

OAT FINGERS

3 1/2 cups rolled oats; 1 lb. butter; 1 tps. corn syrup; 1 1/2 cups sugar; salt; vanilla.

Melt syrup and butter. Add sugar and oats. Stir over low heat until well mixed. Pack in greased pan. Bake in moderate oven until browned. Cut while hot.

—Mary J. McLean

JELLY CAKES

Cream together 1/2 cup sugar and 1/2 cup butter (half shortening); add 1 well beaten egg; 1 tps. milk; pinch salt; grated rind of 1 lemon; 1 1/2 cups flour.

Take 1 tsp. of dough and shape into small cup cake tins.

Put jelly on top and bake. Make a small dent to put jelly in, so it won't run over the top.

—Mrs. Robert Montgomery

NUT BARS

1/2 cup butter; 1 cup sugar; 2 eggs; 3 tps. water (warm); 4 tps. cocoa; 1 tsp. vanilla; 1 tsp. salt; 1/2 cup flour; 1/2 cup walnut meats.

Method: Cream butter and sugar together, then add well beaten eggs, water, cocoa, vanilla and salt. Lastly add flour and nut meats.

—Mrs. Clinton Trafford

BROWNIES

1 cup sugar; 2 eggs; 1/2 cup butter, melted; 3 tps. cocoa, mix cocoa in butter before adding to the above; 1/2 cup milk; 1 full cup flour; 1/2 tsp. soda, 1/2 tsp. cream tartar (rounded); 1 tsp. vanilla; 1/2 cup chopped walnuts.

Bake in hot oven 15 or 20 minutes.

—Mrs. Percy White

NUT SMACKS

Bottom: 1/2 cup white sugar; 1/2 cup butter (scant) cream together; 2 egg yolks beaten and added with a little vanilla. Sift together 1 1/2 cups flour; 1 tsp. Acadia baking powder and little salt and add last.

Grease pan and pack in bottom. Top: 2 egg whites beaten stiff, add 1 cup brown sugar; 1/2 cup walnuts (chopped fine).

Bake in moderate oven 35 minutes.

—Mrs. Glenn Robinson

WALNUT SQUARES

1/2 cup butter; 1/2 cup sugar; 2 egg yolks; 2 cups pastry flour; 2 egg whites; 2 cups brown sugar; 2 cups chopped nuts; vanilla.

Cream the butter with the sugar, then add the slightly beaten egg yolks and sifted flour. Press into a flat pan, having a layer about one-sixth of an inch thick.

Beat the egg whites very stiff, then fold in brown sugar gradually, add the chopped nuts and vanilla. Spread over the top of the other mixture. Bake in a slow oven for 45 minutes. Cool slightly, and cut in squares.

—Mrs. Richard Corcoran

DATE CAKES

1 cup dates finely cut; 1 egg well beaten; 1 cup boiling water; 1 cup nut meats; 1/2 cup butter or other shortening, coarsely cut; 1 1/2 cups sifted cake flour; 1 tsp. vanilla; 1 tsp. soda; 1 cup sugar.

Bake in muffin tins.

—Mrs. Nelson Hillman

WALNUT SLICE

Shortbread: 1 tbs. white sugar; 1 cup butter; 1 cup flour. Cream butter and sugar. Add flour and press into greased pan.

1 cup broken walnut meats; 1 cup cocoanut; 1 1/2 cups brown sugar; 1 tsp. salt; 1 tsp. Acacia baking powder; 2 tbsps. flour; 2 eggs; 1 tsp. vanilla.

Mix dry ingredients. Add eggs and vanilla. Pour over shortbread and spread evenly. Bake 30 to 45 minutes in moderate oven.

When cool, ice with coffee butter icing: 2 tbsps. butter; 2 cups icing sugar; hot coffee to make stiff paste. Mix butter, 1 cup sugar and hot coffee together. Beat well, add remaining sugar and spread.

Cut in slices to serve.

—M. Dorothy Kirkpatrick

COLLEGE FUDGE CAKES

1 1/2 cups pastry flour; 1 1/2 tbsps. Acacia baking powder; 1 tsp. salt; 1 tsp. vanilla; 2 squares bitter chocolate; 1 cupful boiling water; 1 egg yolk; 1 cup shortening; 1 cup sugar.

Put chocolate and 1 cup hot water in a saucepan; cook about 3 minutes until thick and glossy. Remove from fire and add egg yolk, shortening and sugar. Stir together the flour, baking powder, salt and soda, stir into mixture. Add vanilla. Add 1/2 cup boiling water. Beat until smooth, pour in crinkle cups and bake in a moderate oven of 375° F. for thirty minutes. Frost with boiled icing.

(These won first prize at 1941 convention).

—Ruth Burch

CRACKER SQUARES

1 box graham crackers, date filling. Place layer of crackers in pan, spread with filling, place another layer, spread with filling and cover with layer of crackers. Let set and cut in squares. A chocolate icing may be added.

—Mrs. Howard Thomas

FRUIT BALLS

Melt 12 marshmallows and 2 tbsps. butter in top of double boiler; when melted add 1 tsp. vanilla and 1/2 cup cocoanut and chopped fruit (dates, cherries, pineapple, peel, nuts and raisins, any or all of these kinds, about 2 cups). Mix well and let stand 1 hour. Shape into balls and roll in chopped nuts or cocoanut. Makes about 30, depending on size. (No more cooking.)

—Mrs. Herb Peterson

PINEAPPLE SQUARES

3/4 cup butter or shortening; 1 cup brown sugar; 1 cup flour; 2 cups oatmeal. Mix sugar, flour and oatmeal, cut in butter thoroughly.

Filling: 1 No. 2 can crushed pineapple stewed with 1/2 cup of the brown sugar until rather thick. Chill.

Spread 1/2 of first mixture in greased pan, spread filling, then add remainder of first mixture. Flatten. Bake 20 min. in moderate oven. Cut in squares while warm.

N.B.—Raspberry jam may be used instead of the pineapple with good results.

—Mrs. A. D. McCain

MOCHA SANDWICHES

Cut bread in inch squares. Melt 1/2 lb. Kraft cheese, 1/2 lb. butter, work together. Cover squares with mixture, roll in cornflake crumbs, put in oven till slightly warm, serve at once.

W. I.

SOUR CREAM CUP CAKES

1 egg; 1 cup sugar; 1 cup sour cream; 2 cups flour; 1 tsp. salt; 1 tsp. soda; nutmeg; 1 cup nutmeats; 1/2 cup chocolate bits.

Method: Mix and bake in paper shells.

—Mrs. Mahlon Slipp

BANANA CUP CAKES

1/2 cup butter; 1 egg; 1 1/2 cups flour; 2 crushed bananas; 1 small tsp. soda; 2 tbsps. sour milk; 1 cup sugar; salt. Beat eggs, add sugar and butter, crushed bananas, then flour, soda in milk.

—Minnie Noble
—Mrs. Roy Cook

SURPRISE CAKES

2 cups brown sugar; 1/2 cup butter; 2 eggs; 1/2 cup sour milk; 1 tsp. soda; 1 tsp. Acacia baking powder; 1 1/2 cups flour; 1 tsp. salt; 2 squares grated chocolate; 1 tsp. vanilla; 1/2 cup boiling water.

Cream the butter and sugar until light; add beaten eggs; add the milk with soda dissolved in it. Sift the flour, salt, and baking powder together. Add to cake batter. Add chocolate and boiling water and vanilla. Mix well, pour in muffin tins and bake 20 minutes. When cool take sharp knife and cut out cone-shaped piece from centre of each cake. Fill cavity with whipped cream. Set cone-shaped piece on top.

—Mrs. Joseph Tompkins

RICE KRISPIES

1 box Rice Krispies; 1/2 cup butter; 1 lb. marshmallows; 1 tsp. vanilla.

Put Krispies in large mixing bowl. Melt butter and marshmallows together and pour over krispies. Mix well, pour in flat pan and press down tight. Set away to cool, cut in squares or strips and serve.

—Nan L. Gray

CUP CAKES

1/2 cup butter; 1 cup white sugar; 3 eggs; 1/2 (scant) cup milk; 2 cups flour; 1 tsp. vanilla flavoring; 1 tsp. lemon flavoring; salt; 2 level tbsps. Acacia baking powder.

Cream butter, add sugar gradually; add well beaten eggs, flavoring and salt; then milk and flour to which the baking powder has been added. Add milk and flour alternately. Bake in hot oven 400° F.

—Mrs. David Lovely

FRUIT BALLS

1/2 lb. almonds; 1/2 lb. cocoanut; 1 bottle of cherries and juice; 1 egg; 8 marshmallows.

Grind nuts and cocoanut, add chopped cherries, juice and beaten egg and marshmallows cut up fine. Roll in balls and dip in frosting sugar and put in cool place.

Must be used that evening while fresh.

—Mrs. D. J. Shea

PINEAPPLE CUP CAKES

2 1/4 cups flour; 2 1/2 tbsps. Acacia baking powder; 1 tsp. salt; 1/2 cup butter; 1 1/2 cups sugar; 1 cup milk; 3 egg whites; 1/2 cup crushed pineapple drained.

Sift flour, baking powder and salt; cream butter, add sugar and beat until light and fluffy; add sifted flour with the liquid. Fold in beaten whites. Bake in muffin tins and cover with cocoanut frosting.

—Mrs. Ernest McIlroy

ORIENTAL CREAMS

20 marshmallows; 1/2 cup sweet cream; 1/2 cup walnut meats; 1/2 cup dates all cut up fine; 1 pkg. graham wafers, roll fine.

Cut marshmallows up fine and let stand at least one hour in cream; then add walnuts and dates; add enough rolled wafers so mixture can be handled. Make in shape of a date only slightly larger and roll in graham wafers. (Do not cook).

—Mrs. Guy C. Clark

FRUIT BALLS

1/2 lb. each of dates, cherries, figs, raisins, cocoanut, walnuts, almonds; 1 egg beaten; 2 tbsps. lemon juice; 1/2 cup orange juice. Make in small balls, roll in nuts and bake.

—Mrs. Roy W. Price

FRUIT BALLS

1 lb. figs; 1 lb. seeded raisins; 1 lb. stoned dates; 1/2 lb. candied cherries; 1/2 cup candied orange and lemon peel; 1 lb. walnut meats (broken in small pieces). Method: Put the figs, raisins, dates, cherries and peel through a food chopper. Mix and blend these fruits. Add broken nut meats. Form paste in balls about 1 inch in diameter. Roll balls in powdered sugar. Store in a cool place and these fruit balls keep as fruit cake does.

—Mary Maddox

FRUIT BALLS

1 cup cream; 1/2 lb. marshmallows; 1 cup walnuts; 1/2 lb. dates. Whip cream until very stiff. Add finely cut marshmallows. Allow to stand overnight. Fold in chopped walnuts and finely cut dates. Roll each little ball in graham cracker crumbs. This makes 40 or 45.

—Mrs. Elsie Veysey Nicholson
—Mrs. E. W. Nicholson
—Hilda Watson

COCOANUT MACAROONS

1 can Borden's Condensed Sweetened Milk; 2 cups cocoanut or enough to make it real stiff; flavoring. Make in small balls. Bake until slightly brown in a moderate oven.

—Mrs. Frank Boyer

PORCUPINES

1 cup cut-up walnuts; 1 cup cut-up dates; 1 cup white sugar; 2 eggs beaten light; 1 tsp. butter; vanilla. First beat eggs and add the rest. Take a tsp. of mixture and roll in cocoanut.

—E. M. C. Wakem

SPICE CAKES

1/2 cup shortening; 1 cup brown sugar; 1 egg; 1 1/2 cups flour; 3 tbsps. Acacia baking powder; 1 tsp. cinnamon; 1 tsp. nutmeg; 1 tsp. cloves; 1/2 cup milk; 1 cup chopped raisins or walnuts.

—Mrs. Nelson Hillman

CHOCOLATE CUP CAKES

$\frac{1}{2}$ cup shortening; 1 cup brown sugar; 1 well beaten egg; $\frac{1}{2}$ cup milk; $1\frac{1}{4}$ cups flour; $\frac{1}{2}$ tsp. soda; 2 squares melted chocolate; 1 cup chopped nuts; 1 tsp. vanilla.

—Mrs. Alfred Bell

CREAM PUFFS

With Lemon Custard

$\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup boiling water; $\frac{1}{2}$ cup flour; pinch salt; 2 eggs.
Combine the butter, water and salt. Boil. Add the flour all at once and stir until the mixture makes a ball that comes away from the side of the pan. Remove from the stove, cool slightly, and add the unbeaten eggs, one at a time. Beat eggs in until the mixture is perfectly smooth. Drop by large spoonfuls on a greased baking sheet. Bake in a moderate oven (350° F.) for twenty minutes or until firm. When puffs are cold, make a slit in the side of each and fill with lemon custard filling.

Lemon Custard Filling

1 cup milk; $\frac{1}{2}$ cup sugar; pinch salt; $1\frac{1}{2}$ tbsps. cornstarch; 1 egg; 2 tbsps. lemon juice; grated lemon rind.
Scald the milk, mix the sugar, cornstarch and salt and add the scalded milk gradually. Cook in a double boiler for 15 minutes, stirring constantly until thick. Add the beaten egg and cook for a few minutes longer, stirring all the time. Remove from the stove and add lemon juice and grated rind of half a lemon. Chill before putting into the puffs.

—Mrs. Bessie Somerville

SHORTBREAD

1 pound flour; $\frac{1}{2}$ cup white sugar; $\frac{1}{2}$ lb. butter.

Method: Work all together with your hands until well blended, press firmly in bottom of pan, prick all over with fork. Cook from 30 to 40 minutes. Cut while warm.

—Janet Mossman

SOUR CREAM PUFFS

1 egg; salt; 1 cup molasses; $\frac{1}{2}$ cup sugar; 2 tbsps. melted butter; 1 cup sour cream; 1 heaping tsp. soda. Add cinnamon, cloves, nutmeg to taste; also a few currants if desired and $\frac{1}{2}$ cup walnut meats; 3 cups unsifted flour.

Mix in order given and drop in greased tins.

—Mrs. Norman Spence

GRAHAM MARSHMALLOW ROLL

$\frac{1}{2}$ lb. marshmallows (quartered); $\frac{1}{2}$ lb. dates; $\frac{1}{2}$ cup sweetened condensed milk; $\frac{1}{2}$ cup water; $\frac{1}{2}$ cup walnut meats; 24 cups graham crackers rolled fine.

Method: Quarter the marshmallows, stone and cut up dates; roll graham cracker crumbs fine. Save $\frac{1}{2}$ cup of crumbs to roll outside. Mix altogether in large bowl or jar, then take out and roll in cracker crumbs. If too moist, use a few more crumbs. Roll in a bowl. This will keep in wax paper for some time. Do not use any but the sweetened condensed milk.

—Mrs. Fred Bradley

SNOW BALLS

Whip $\frac{1}{2}$ cup cream; flavor. Fill with marshmallows, leave overnight or all day. Drop in spoonfuls into moist coconut. Coat thickly and put in ice box until ready.

—Mrs. Margaret Ward

CALIA LILY CAKES

3 eggs; 1 cup sugar; 3 tbsps. water; 1 tsp. lemon or vanilla.

Sift together 1 tsp. soda and 2 tbsps. cream of tartar and add to first mixture.

Bake on greased saucers. Shape when warm in form of a lily and fill with whipped cream when ready to serve.

—Elva McBride

MARSHMALLOW COOKIES

Soak $\frac{1}{2}$ lb. marshmallows cut in $\frac{1}{2}$ " in $\frac{1}{2}$ cup of sweet cream for 30 minutes, stir.

Then mix $\frac{1}{2}$ cup chopped nuts; $\frac{1}{2}$ cup dates, a few cherries; $\frac{1}{2}$ cup graham crackers.

Combine mixture, using small quantity, roll in graham cracker crumbs and chill. No cooking.

—Mrs. Edward Milley

CREAM PUFFS

1 cup water; $\frac{1}{2}$ cup butter; 1 cup flour; 3 eggs.

Put the water in a granite saucepan to boil. When boiling, add butter and stir in the flour. Let cool. When cold add the eggs well beaten. Beat all thoroughly and drop on buttered tins. Bake 20 minutes in quick oven. When cool, slit with sharp knife. These may be filled with a custard filling but whipped cream is much better.

—Mrs. J. P. Millie



LIGHTHOUSE ON THE FUNDY COAST OF
NEW BRUNSWICK
(L'etete Passage Light)

VINEGAR MOLASSES COOKIES

1 cup molasses. Bring to rolling boil, add 2 tps. soda, let cool. $\frac{1}{2}$ cup sugar; 3 tablespoons vinegar; 1 egg; 1 tsp. ginger or cinnamon; $\frac{1}{2}$ tsp. salt.
Combine and add first mixture, flour to roll, making very soft cookies.
Note: No shortening needed.

—Mrs. Chas. Shaw

MACAROONS

Whites of 3 eggs; 1 cup sugar; $1\frac{1}{2}$ tps. cornstarch; salt.
Cook in double boiler 7 minutes beating constantly with egg beater.
Add $1\frac{1}{2}$ cups cocoanut; 1 tsp. vanilla. Drop on buttered tins, bake in moderate oven.

—Martha Boone

COCOANUT ROLLS

2 cups flour; 1 tsp. vanilla; 2 tps. Acadia baking powder; 2 tps. shortening; 1 tsp. salt; 1 cup milk; 1 egg.
Mix all ingredients together and then beat 1 egg and mix with 1 cup milk, then mix all together. Drop by spoonfuls and roll in cocoanut.

—Mrs. J. Patrick

WHIPPED CREAM BALLS

1 pint stiffly whipped cream; 2 tps powdered sugar; $\frac{1}{2}$ tsp. vanilla; 20 marshmallows cut fine; 1 cup dates cut fine; 1 cup nut meats cut fine.
Put this mixture out by spoonfuls and roll in fine graham cracker crumbs. Chill and serve.

—Agnes Hansen

FROSTED MOLASSES SQUARES

$\frac{1}{2}$ cup butter or shortening; $\frac{1}{2}$ cup brown sugar; $\frac{1}{2}$ cup molasses; $\frac{1}{2}$ cup milk; $\frac{1}{2}$ cup nuts; $\frac{1}{2}$ cup raisins or dates; 1 egg; $\frac{1}{2}$ teaspoon vanilla; 2 cups flour; $1\frac{1}{2}$ tsp. Acadia baking powder; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ tsp. soda.
Bake in cookie sheet 10 x 15 for 20 minutes. Remove from oven and frost at once with the following frosting:
1 cup frosting sugar; 1 tsp. vanilla. Moisten with milk, spread thinly over the top. When cool cut in squares.

—Mrs. Edward Milley

IVA'S SUGAR COOKIES

1 egg; 1 cup white sugar; $\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup sweet cream; salt; vanilla; flour (soft dough, not sticky); 1 tsp. soda; 2 tps. cream tartar.

—Mrs. Barry McKay

CHINESE CHEWS

1 cup brown sugar; 1 cup butter or shortening; 1 cup white flour; $1\frac{1}{2}$ cups oatmeal; $1\frac{1}{2}$ cups graham flour; 1 tsp. soda, salt, nutmeg.

Mix all dry ingredients, cut in shortening. Spread half of mixture in greased pan, 8 in. x 10 in., cover with date filling, then add remainder. Bake in moderate oven, cut in squares.

—Mrs. Flint McCre

PORCUPINES

1 cup shortening; 1 cup white sugar; break egg in cup and finish filling cup with milk; 3 cups flour (maybe more); 1 cup dates; $\frac{1}{2}$ cup walnuts 1 tsp. soda; 2 tps. cream tartar; 1 tsp. vanilla; 1 tsp. salt.

Drop from teaspoon into cocoanut and roll. Place on greased pan and bake in a moderate oven. Takes about $\frac{1}{2}$ lb. cocoanut.

—Mrs. Fred Stephenson

—Mrs. J. Speakman

FEATHER SQUARES

1 cup sifted all-purpose flour; $\frac{1}{2}$ teaspoon salt; 2 teaspoons Acadia baking powder; $\frac{1}{2}$ cup sugar; 1 egg; $\frac{1}{2}$ cup milk; 4 tablespoons shortening, melted; 2 tablespoons brown sugar; $\frac{1}{2}$ teaspoon cinnamon. Mix and sift flour, salt, baking powder and sugar. Stir in beaten egg, milk and melted shortening, mixing only enough to combine. Pour into a well-greased 8" x 8" x 2" pan. Combine brown sugar and cinnamon. Sprinkle over batter. Bake in a hot oven, 400 °F., for 20 minutes. Cut in squares and serve hot. Yield: 16 pieces (2" x 2").

W. I.

SOUR CREAM DROPS

$\frac{1}{2}$ cup butter or shortening; 1 tsp. vanilla; $1\frac{1}{2}$ cups brown sugar; 2 eggs; 2 $\frac{1}{2}$ cups flour, salt; $\frac{1}{2}$ tsp. baking powder; 1 tsp. soda, 1 cup sour cream.

Make as any drop cookie. Place $\frac{1}{2}$ tsp. dough on cookie sheet, place small date on same, add $\frac{1}{2}$ tsp. more dough, smooth with knife covering date as nearly as possible. Beforehand stuff each date with a nut meat. Bake in moderate oven.
Frosting: $\frac{1}{2}$ cup butter, frosting sugar to thicken, adding also a little hot milk to make sufficient quantity. Lightly frost cookies. (New and excellent).

—Mrs. D. A. Somerville

Doughnuts

"O weary mothers, mixing dough, don't you wish that food would grow?
Your lips would smile, I know, to see a cookie bush or a doughnut tree."

MOLASSES DOUGHNUTS

1 cup molasses; 1 cup sugar; 1 cup buttermilk; 1 egg; 1 cup sweet cream; 1 tsp. soda; 1 tsp. ginger; 1 tsp. vanilla; 1 small tsp. salt; flour enough to make a soft dough.

—Mrs. C. S. McKenzie

DOUGHNUTS

4 tbsps. melted butter; 2 cups sugar; 2 eggs; 2 cups milk; 2 tps. cream of tartar; 1 tsp. soda; 4 tps. Acadia baking powder; 1 tsp. salt; 1 tsp. nutmeg or vanilla; 7 or 8 cups flour.

—Mrs. Harry Burnham

DOUGHNUTS

3 eggs well beaten; 2 1/2 cups sugar; 1 tsp. salt; 1 tsp. nutmeg; 1 tsp. ginger; 1 tsp. vanilla; 3 tps. melted butter; 4 tps. cream of tartar; 2 tps. soda dissolved in 2 cups sweet milk; flour to roll.

Fry in deep fat.

—Mrs. John W. Clark

DOUGHNUTS WITHOUT EGGS

4 tps. shortening melted; 2 cups brown sugar; 4 rounding tsp. cornstarch; 1 tsp. salt; 2 cups buttermilk; 3 tps. soda; 2 tps. ginger; 2 small tps. cream of tartar; flour enough to make a soft dough.

Cream cornstarch, sugar and shortening together, dissolve soda in buttermilk then add, sift ginger, salt, cream of tartar with flour together.

—Mrs. W. F. DeLong

DOUGHNUTS

Nearly 1 1/2 cups sugar; 2 eggs; 1/2 cup buttermilk; 1/2 cup sour cream; 1/2 tsp. salt; 1 tsp. ginger; 1 tsp. nutmeg; 4 cups flour; 1 tsp. soda; 1 tsp. cream of tartar.

—Gertrude Jones

CHOCOLATE DOUGHNUTS

2 tps. melted butter; 2 eggs well beaten; 1 1/2 cups brown sugar; 2 squares melted chocolate; 1 tsp. vanilla, salt, nutmeg; 1 cup sour milk; 1 tsp. soda dissolved in milk; 3 cups flour; 2 large tps. Acadia baking powder.

Roll fairly thick. Makes about 4 doz.

—Mrs. Howard Thomas

POTATO DOUGHNUTS

Four medium sized potatoes (cooked); butter size of small egg; 1 1/2 cups sugar; 3 eggs; 1/2 cup sweet milk; 4 rounded tps. Acadia baking powder; flour enough to mix real soft.

Mash potatoes, add butter and pinch of salt, the sugar, milk and eggs in the order given, also flavoring, add nutmeg and baking powder to the flour, roll and fry.

—Mrs. Stacey

DOUGHNUTS

1 cup butter; 1 cup sugar; 2 eggs; 1 cup milk; 3 tps. cream of tartar; 1 1/2 tps. soda; 1/2 tsp. ginger; 1 tsp. salt; flour enough to roll.

Cream butter, eggs and sugar, add milk and dry ingredients. Roll as soft as possible.

—Mrs. R. Y. Ganong

—Mrs. F. B. Banks

DOUGHNUTS

3 eggs; 1 1/2 cups sugar; 1 cup butter (small); 1 1/2 cups milk; 2 tps. cream of tartar; 1 tsp. soda; 1 tsp. vanilla; flour to roll.

—Mrs. G. Luskey

SOUP CREAM DOUGHNUTS

1 1/2 cups white sugar; 3 eggs; 1 cup sour cream; 1 cup sour milk; 1 1/2 tps. cream of tartar; 1 1/2 tps. soda dissolved in cream and milk; 1 1/2 tps. nutmeg; flour and salt. Let rise 20 minutes.

—Mrs. Gerald S. Tompkins

DOUGHNUTS

1 1/2 cups sugar; 3 eggs; 4 tps. melted butter; 1 cup milk; 3 cups flour sifted with 1 tsp. soda; 2 tps. cream of tartar; 1 tsp. ginger; 2 tps. salt; 2 tps. nutmeg. Add more flour if necessary.

—Mrs. Norman Palmer

DOUGHNUTS

2 eggs well beaten; 1 cup sugar; 1 cup sour cream (not too heavy); 1/2 cup sweet milk; 1 tsp. soda; 2 tps. cream of tartar; 1 tsp. salt; 1 1/2 tps. vanilla; flour enough to roll out.

—Mrs. A. J. Wadsworth

Breads

PRUNE BREAD

1 egg; 1 cup sugar; 1 cup stewed prunes; 1 cup water; 1 tsp. soda; 1 cup Graham flour; 1 1/2 cups bread flour; vanilla.

Stone prunes, stew in just sufficient water to stew them, drain water off in a cup filled up with cold water. This is the cup of water you use in the bread. Cook in buttered tin in loaf like cake.

—Dorothy Clarke

BANANA BREAD

1 cup sugar; 3 bananas (mashed); 4 tps. melted butter; 1 1/2 cups flour; 1 tsp. salt; 1 tsp. soda; 2 eggs.

Mash bananas to a thin batter, add sugar and eggs, beat up then add butter, salt and soda sifted with the flour. Bake in loaf tin in a fairly hot oven.

—Mrs. Roy A. Good

PINEAPPLE NUT BREAD

2 1/2 cups flour; 1/2 cup sugar; 1 1/2 tps. salt; 3 tps. Acadia baking powder; 1 tsp. soda; 1 cup All Bran; 1/2 cup chopped nuts; 1 1/2 cups crushed pineapple (undrained); 1 beaten egg; 3 tps. melted butter.

Beat eggs, add the undrained pineapple and melted butter; sift flour, measure and sift sugar, salt, baking powder and soda. Add All Bran and nuts to flour mixture and add to first mixture. Bake in loaf tin.

—Mrs. B. Stockford

—Mrs. Fred Anderson

FRUIT BREAD

2 cups sifted flour; 2 tps. Acadia baking powder; 1/2 cup sugar; 1 tsp. salt; 2 eggs; 3 tps. baking fat; 1/2 cup chopped nuts; 1/2 cup candied citron; 1/2 cup currants; 2 tps. candied cherries; 2 tps. lemon peel.

Sift flour, baking powder, sugar and salt together; add fruit and nuts. Beat eggs and combine with milk and melted fat; add the combined liquids to flour mixture and stir just enough to moisten the flour. Pour into well greased loaf pan. Bake at 375° F. one hour. Yield 1 1-lb.

—Mabel Kinney

CHERRY NUT BREAD

1 cup brown sugar; butter size of egg; 1 egg; 2 tps. Acadia baking powder; 1 tsp. salt; 1 small bottle of cherries. Pour juice into a cup and fill up with milk; 2 cups flour; 1/2 cup walnuts.

Mix. Let stand for 20 minutes. Bake 45 minutes.

—Anna Estabrooks

—Mrs. Ronald Bridges

BRAN LOAF

3 tps. shortening; 1/2 cup white sugar; 1 egg, beaten; 1 cup All Bran; 1 cup sour milk; 1 tsp. soda dissolved in sour milk; 1 1/2 cups bread flour; pinch of salt.

Mix in order given. Add flour and milk alternately.

—Mrs. Perley Clark

STEAMED BROWN BREAD

1 1/2 cups cornmeal; 1/2 cup flour; 1 1/2 cups buttermilk; 1/2 cup molasses; 1 tsp. soda; little salt.

Steam 3 hours; serve hot.

—Mrs. W. Gaunce

SOFT CORN BREAD

1 cup thoroughly cooked cornmeal; 1 cup steamed rice; 1/2 cup finely sifted flour; 2 eggs beaten separately (in the early Yukon days I used egg crystals); 1/2 cup of milk; 1 tsp. sugar.

Mix all together thoroughly save flour to which has been added 1 tsp. Acadia baking powder, then stir in lightly.

Bake in quick oven in square shallow pan about twenty minutes.

Serve from pan at table by lifting with large pie knife. Delicious eaten with plenty of butter, sugar or maple syrup. Fattening but good for children. One of my mother's favorite recipes.

—Mrs. George Black, Ex-M.P., Dawson, Yukon.

REAL CORN BREAD

1/2 cup sugar; 3 tps. melted butter; 1 egg; 1 cup milk; 1 cup yellow cornmeal; 1 cup flour; 1 tsp. cream of tartar; 1/2 tsp. soda; 1 tsp. salt. If sour milk is used omit cream of tartar.

—Mrs. D. H. Lamont

BANANA BREAD

2 eggs; 1 cup sugar; 4 tbsps. sour milk; 1 tsp. soda; 2 cups flour; 3 bananas; salt. Beat eggs, add sugar, then soda dissolved in the milk; add flour, salt, last mash bananas with fork, add to mixture and bake in moderate oven. 1 cup walnuts may be added if desired.

—Mrs. Percy Parker
—Mrs. Wallace Nevers

HEALTH BREAD

2 Shredded Wheat; 2 cups All Bran; 1 cup white sugar; 1 tbsps. lard; 1 cup raisins; 1 tsp. salt.

Method: Pour over all ingredients 1 quart boiling water. Let cool. When cool add 1 yeast cake dissolved in 1 cup warm water. Add 3 quarts white flour. Let rise over night; in the morning punch down once and let rise again. Then put in pans and let rise again.

Cook from 1 to 1½ hours.

—Mrs. Robt. H. Richards

ORANGE BREAD

1 cup butter and shortening mixed; 1 cup white sugar; 2 eggs; 1 cup buttermilk; 1 tsp. soda; 2½ cups flour; 1 orange; 1 cup raisins; 1 tsp. salt.

Put orange and raisins through food chopper. Cream butter and sugar well. Add eggs well beaten. Dissolve the soda in the buttermilk; add flour and buttermilk alternately to first mixture. Stir in minced orange and raisins. Bake 1 hour in moderate oven.

—Mrs. Arnold E. Smith

BRAN BREAD

1 cup shortening; 1 cup sugar; 1 egg, well beaten; 1½ cups mashed bananas; 2 tbsps. cold water; 1 cup All Bran; 1½ cups flour; 2 tbsps. Acacia baking powder; 1 tsp. salt; 1 tsp. soda; 1 cup nut meats; 1 tsp. vanilla.

Method: Cream shortening and sugar; add eggs, bran, water and bananas. Sift flour with baking powder, salt and soda. Add nut meats. Bake 1 hour.

—Mrs. Ross J. Burnham

GRAHAM BREAD

1 cup molasses; 2 cups sour milk; 1½ cups wheat flour; 2½ cups graham flour; 1 tsp. salt; 2 eggs; 2 tbsps. soda; raisins or nuts may be added.

Raise 20 minutes. Bake 1 hour in slow oven.

—Mrs. E. A. Ball
—Evelyn Orser

WHOLE WHEAT DATE BREAD

1 cup chopped dates; 1 cup brown sugar (scam); 1 cup milk; 1 cup graham flour; 1 cup white flour; 4 tbsps. Acacia baking powder; 1 tsp. salt; 2 tbsps. melted shortening; nut meats optional.

Combine dates and brown sugar, add milk. Let stand 10 minutes. Add baking powder and salt to flour and add to date mixture. Add graham flour and then shortening. Let stand 20 minutes in baking pan. Bake 45 to 50 minutes in moderate oven.

—Mrs. Andrew D. McCain

ALL BRAN BREAD

1 egg; 1 cup sugar; 2 tbsps. molasses; 1 cup milk; 2 tbsps. melted shortening; 1 cup All Bran; 2 cups flour; 1 tsp. salt; 3 tbsps. Acacia baking powder.

Mix dry ingredients, add milk, well beaten egg and molasses, then melted shortening. Bake 1 hour.

—Mrs. Frank Smith, Jr.

DATE BREAD

Pour 1 cup boiling water over 1 lb. dates; add 1 tsp. soda, let cool. Then add 1 beaten egg; 1 cup sugar; 1 tsp. butter; 1 tsp. salt; 1 tsp. vanilla; 1 cup walnut meats, chopped; 1½ cups flour, into which has been sifted 1 level tsp. Acacia baking powder.

—Mrs. Halbert Belyea

NUT OR RAISIN BREAD

2½ cups flour; 1 cup graham flour; 1 cup sugar; 1 tsp. salt; 3 tbsps. Acacia baking powder (or 2 of cream of tartar and 1 of soda).

Sift dry ingredients except graham flour, and add it without sifting. Work in 1 tsp. shortening, then add 1 cup of raisins and mix.

To dry mixture add 1½ cups sweet milk and mix well. If too dry add a little more milk to make a fairly thick batter.

Bake in a moderate oven about 1 hour. Nuts may be used instead of raisins.

—Mrs. Joseph H. Lee

ORANGE BREAD

1 cup sugar; rind of 1 orange. Mix rind with sugar. 1 egg.

Put juice of 1 orange in cup, fill with milk, 2½ cups flour, 3 tbsps. Acacia baking powder, shortening sugar of an egg. Cream shortening with sugar. Walnut meats may be added. Bake in slow oven.

—Mrs. Briggs

DATE BREAD

1 cup dates; 1 tsp. soda in a scant cup of boiling water. Pour over dates and let stand until cool; 2 tbsps. melted butter; 1 cup white sugar; 1½ cups flour; 1 egg; 1 tsp. vanilla.

Add dates and cook slowly 1 hour.

—Gerardine Wadsworth
—Mrs. Frank H. Burke
—Mrs. Geo. Cormie

BOSTON BROWN BREAD

1 cup flour; 2 cups cornmeal; 2 cups graham flour; 2 cups boiling water; 1½ tbsps. soda; 1 tsp. salt; 1 cup sour milk; 1 cup molasses.

Pour boiling water over cornmeal, add molasses, sour milk, soda and salt and flour. Beat all well and steam 4 hours. 1 cup floured raisins may be added if desired.

—Mrs. George Clark

WAR BREAD

1 cup molasses; 1½ cups graham flour; 1 cup white flour; 2 cups butter; 1 tsp. soda; raisins.

Bake 1 hour, 10 minutes.

—Mrs. George Elliott

ORANGE DATE BREAD

2½ cups bread sponge (use 1 compressed yeast cake and 1½ cups water); 4 tbsps. sugar; 4 tbsps. melted shortening; 1 tsp. salt; 1 tsp. orange flavoring; 2 well beaten eggs; 1 cup finely chopped dates; grated rind of one orange, 3 or 4 cups sifted flour.

Mix the ingredients in the order given, adding sufficient flour to make a soft but not sticky dough. Knead on a lightly floured board until smooth and elastic. Place in a greased bowl, brush the surface with melted shortening and let rise until double in size. Shape into a loaf, place in a greased pan and let rise again until double in size. Then bake in a moderate oven 45 minutes.

—Mrs. Philip Clark

ORANGE BREAD

Grate rind and squeeze one orange in cup, then fill cup with sugar.

Beat one egg well in cup, fill up with milk, add contents of both cups together with 2 cups of flour, 3 tbsps. Acacia baking powder; 1 tsp. salt.

Let stand 10 or 15 minutes, then cook 45 minutes in slow oven.

—S. C. Keat
—Mrs. Louis Briggs

DATE BREAD

1 cup dates, cut fine; 1 tbsps. molasses; 1 tsp. soda; 1 cup boiling water poured over above; cool slightly, then add 1 cup white sugar; 1 tbsps. butter; 1 egg, beaten; 1 tsp. salt; 2 cups flour; 1 cup nut meats (optional).

—Mrs. Robert Glass

ALL BRAN NUT AND BANANA BREAD

1 cup shortening; 1 cup sugar; 1 egg; 1 cup All Bran; 1½ cups mashed banana; 2 tbsps. Acacia baking powder; 1 tsp. salt; 1 tsp. soda; 1 tsp. vanilla; 1 cup chopped nut meats; 1½ cups flour.

Cream sugar and shortening, add well beaten egg, add All Bran and mashed bananas, then the flour sifted with baking powder, soda, salt. Lastly add the vanilla and nut meats.

—Chrystal Clark
—Mrs. Clarence Mannel

NUT BREAD

4 cups flour (sifted); 4 tbsps. Acacia baking powder; 1 tsp. salt; 1 cup brown sugar; 1 cup walnut meats (chopped); 1 egg; 2 cups milk; 1 tsp. melted butter. Sift flour, baking powder, salt together. Add brown sugar and nut meats and egg. Combine with milk, then stir in dry mixture, beat in melted butter, put in greased pan and let rise 20 minutes. Bake in slow oven for 1 hour.

—Mrs. H. Melvin

NUT BREAD

1 egg; 1 cup sugar; 1 cup walnuts (chopped); 1 cup milk; 1 tsp. salt; 3 tbsps. Acacia baking powder; 3 cups flour. Let rise 20 to 30 minutes. Bake in moderate oven.

—Mrs. Andrew D. McCain

STEAM BROWN BREAD

2½ cups buttermilk; 1 cup molasses; a little salt; 1 cup cornmeal; 1 heaping tsp. soda; 2 cups flour.

Mix well and put in greased pan to steam until done.

—Mrs. Jamie Tompkins

STEAM BROWN BREAD

1 egg; 1 cup molasses; 1 cup buttermilk; 1 tsp. soda; 1 cup white flour; add graham flour to make soft batter.

Mix as listed and dissolve soda in buttermilk. Steam four hours.

—Mrs. Henry B. Pelkey

DATE LOAF

1 cup chopped dates; 1 egg; 1½ cups boiling water; 4 tbsps. butter; 1 tsp. soda; 1 cup brown sugar; 2½ cups bread flour; 1 tsp. Acadia baking powder; ½ cup chopped nuts; 1 tsp. vanilla.

Sprinkle soda over dates and add boiling water. When cool add sugar, butter, egg and other ingredients. Place in loaf tin and bake in moderate oven about 1 hour.

—Mrs. Earle

BAKED BROWN BREAD

1 cup molasses; 1 tsp. salt; 2 tps. soda (sift to foam); 2 cups sweet milk; 2 cups sour milk; 2½ cups graham flour; enough white flour to make stiff.

—Mrs. J. P. Millie

CORN BREAD

Cream 4 tbsps. sugar with 2 tps. melted butter; add 2 well beaten eggs; 1 tsp. salt; 1 cup flour with 2 tps. Acadia baking powder; 1 cup cornmeal. For liquid use sweet cream making a stiff batter. Bake in moderate oven.

—Mrs. Norval Edgar

ORANGE BREAD

Peeing of 2 oranges cut up in tiny pieces. Cover with cold water, and set on stove and let simmer (not boil) for three times. Drain water off and add fresh, each time.

Then add 1 cup sugar, and give it a stir to melt sugar. Take ½ cup sugar, 1 tsp. butter and cream well. Add 1 egg unbeaten. Then add peeling of oranges; 1 cup milk and 3 cups flour, which has been sifted with 4 level tps. Acadia baking powder. Let stand 20 minutes and bake 50 minutes in moderate oven.

—Ruth G. Boyer
—Mrs. James P. Clarke

BOSTON BROWN BREAD

1 cup graham flour; 1 cup cornmeal; 1 cup pastry flour (sifted); 1½ tsp. soda; 1 tsp. salt; ½ cup molasses; 1½ cups thick sour milk; 1 cup raisins, if desired.

Method: Combine flour, soda, salt. Mix sour milk and molasses and add to dry ingredients. Stir in raisins and fill baking powder tins two-thirds full. Cover tightly and steam 3 hours.

—Mrs. W. H. Fowler
—L. L. McIntosh

HOT CROSS BUNS

1 cake compressed yeast; 1 cup scalded milk; 1 tbsps. sugar; ½ tsp. salt; ½ cup sugar; ½ cup melted butter; ½ cup chopped raisins; 3½ cups flour.

Method: Dissolve yeast with tablespoon of sugar in lukewarm milk. Add 1½ cups flour to make sponge, let rise until light. Cream butter and ½ cup sugar, add well beaten eggs. Add butter, raisins, remaining flour and sponge. Beat well, knead to soft dough. Let rise to double bulk, mould into buns, place in pans 2 inches apart; cover, let rise 1 hour, glaze with egg, diluted with cold water. With knife cut cross in each bun, bake 20 minutes. Before removing from oven brush with sugar moistened with water. Icing may be added when cool.

—Mrs. Richard Smith

SHREDDED WHEAT BREAD

1 yeast cake; 2 Shredded Wheats broken up; 1 cup scalded milk; 1 cup water; ½ cup molasses; 3 tps. butter; 1 tsp. salt. Put shredded wheat in water and scalded milk, add molasses and salt.

Add yeast which has been dissolved in lukewarm water. Add flour, knead, and proceed as with white bread.

—Mrs. Fraser Stephensen

Biscuits and Muffins

BRAN BUTTERSCOTCH BISCUITS

½ cup All Bran; ½ cup buttermilk; 1½ cups flour; 1 tsp. Acadia baking powder; 1 tsp. salt; ½ tsp. soda; ½ tsp. shortening; 1 tbsps. soft butter; ½ cup brown sugar.

Soak all-bran in buttermilk. Sift flour, salt, baking powder, and soda. Cut in shortening until mixture is like coarse cornmeal. Add soaked all bran, stir until dough follows fork around bowl. Put on bread board, knead lightly a few seconds. Roll dough into an oblong ½ inch thick. Spread with 1 tbsps. soft butter and sprinkle with brown sugar. Roll like jelly roll. Cut in inch slices. Place in greased pan and bake in hot oven about 12 minutes.

—Hazel Stidwell

BUTTERSCOTCH BISCUIT

2 cups flour; 4 tps. Acadia baking powder; ½ tsp. salt; 2 tps. sugar; 2 tps. shortening; ½ cup milk; ½ cup brown sugar; 4 tps. butter.

Mix first six ingredients as tea biscuits, knead on lightly floured board. Roll out ½ inch thick, spread with the butter, softened, and sprinkle with the brown sugar. Roll up like jelly roll, slice and bake in moderate oven.

—Mrs. R. K. Watson

CREAM BISCUITS

Sift 2 cups flour; 2 tps. cream of tartar; 1 tsp. soda; and 1 tsp. salt together 3 times.

Stir up with thin sweet cream to a soft dough. Pat down on floured board to desired thickness, cut into rounds and bake in a hot oven about 10 minutes.

—Faye Plummer Baker

DROP BISCUITS

2 cups flour; ½ tsp. salt; 2 heaping tps. Acadia baking powder; sift these three times; ½ cup butter worked into this until you have a fine mixture; ½ cup cold water stirred in gradually and well.

Drop on a well greased pan pieces of dough, size of an egg, keeping them well apart. Sprinkle tops with granulated sugar, bake in hot oven for 15 minutes.

—Mrs. R. S. Sample

SOUR CREAM MUFFINS

1 cup sour cream; 1 tbsps. melted butter; 2 tbsps. sugar; 1 well-beaten egg; ½ tsp. soda in 1 tbsps. cold water; 1½ cups flour; 1 tsp. Acadia baking powder; ½ tsp. salt.

Mix well. Drop in muffin tins and bake in quick oven (425 °F.) fifteen to twenty minutes.

—Mrs. Vincent Buchanan

BRAN MUFFINS

2 cups Quaker flour; 3 cups natural bran; 1 cup brown sugar; 2 cups sour milk; 2 tps. soda; 1 cup seeded raisins; 1 egg; 1 tsp. salt; 4 tps. shortening.

Method: Mix shortening thoroughly with sugar, add egg well beaten. Then milk, salt, flour, bran, soda and floured raisins. Bake in well greased muffin tins in a hot oven 10 to 15 minutes.

—Mrs. C. Peck

ALL BRAN MUFFINS

2 tps. shortening; 2 tps. sugar; 1 egg; 1 cup All Bran; ½ cup milk; 1 cup flour; ½ tsp. salt; 2½ tps. Acadia baking powder.

Cream shortening and sugar thoroughly, add egg and beat until creamy. Add all-bran and milk; let soak until the moisture is taken up. Sift flour with salt and Acadia baking powder; add to first mixture, stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in a moderate oven (400 °F.) about 30 minutes. Yield: One dozen.

—Mrs. Lewis Neilson

DATE MUFFINS

1½ cups sifted flour; 2 tps. Acadia baking powder; ½ tsp. salt; 4 tps. butter; 4 tps. sugar; 1 egg beaten; 1 cup sweet milk; ½ cup dates, seeded and sliced.

Sift flour once, measure, add baking powder and salt, sift again. Cream shortening, add sugar gradually, cream well; add egg; then flour alternately with milk, a small amount at a time. Beat until smooth, add dates. Bake in greased muffin tins in hot oven.

—Mrs. Arthur Currie

THE BEST COOKS ALWAYS USE THE BEST.

BARBOUR'S

SPICES & EXTRACTS

MARITIME'S QUALITY FOR OVER ONE HUNDRED YEARS.

GRAHAM MUFFINS

2 cups sour milk; 2 cups graham flour; 3 tbsps. sugar; 1 tsp. salt; 1 egg; 1 cup white flour; 1 heaping tsp. soda dissolved in hot water; 4 tbsps. butter melted and added last.

—Mrs. Alex Lyon

BREAKFAST MUFFINS

2 cups flour; 2 tbsps. melted butter; 1 egg; 1 cup sweet milk; 2 tps. cream of tartar; 1 tsp. soda.

Bake in muffin tins in quick oven.

—Mrs. James Hovey

POP-OVERS

1 cup flour; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ cup milk; 2 eggs; 1 tsp. melted butter.
Mix flour and salt, add milk slowly, add eggs beaten until light. Beat all 2 minutes with egg beater.

Turn into hot buttered gem pans. Bake 30 to 35 minutes.

—Mrs. A. Glidden

OATMEAL MUFFINS

2 cups oatmeal, 1 cup sour milk, soak two hours; 1 or 2 eggs; 1 cup flour; cup sugar; 1 tsp. soda, put in flour; salt; 1 tsp. molasses.

—Mrs. Claude Fitzgerald

FLOUR MUFFINS

1 egg; 1 tbsps. sugar; 1 tbsps. butter; 1 tsp. salt; 1 cup milk; 2 cups flour; 1 tsp. soda; 2 tps. cream tartar.

—Mrs. Francis Doherty

OATMEAL BISCUIT

1 cup flour; 4 tbsps. fat; $\frac{3}{4}$ cup oatmeal; $\frac{3}{4}$ cup milk; 4 tps. Acacia baking powder; salt.

Bake in hot oven 15 minutes.

—W. I.

TWIN MOUNTAIN MUFFINS

$\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup sugar; 1 cup milk; 5 tps. Acacia baking powder; 1 tsp. salt; 1 egg, well beaten; 2 cups flour.

Cream butter and sugar, add egg. Sift baking powder, salt and flour three times. Add to first mixture alternately with milk. Bake in greased muffin tins, 25 minutes in fairly hot oven.

—Vesta M. Kimball

BLUEBERRY MUFFINS

2 cups flour; 3 tps. Acacia baking powder; 4 tbsps. sugar; 1 tsp. salt; 2 eggs; 4 tbsps. shortening; 1 cup milk; 1 cup blueberries.

Drench blueberries with flour. Sift dry ingredients, add beaten eggs to milk and melted shortening and stir in, lastly add blueberries. Bake 30 minutes.

—Farmers Magazine

SCOTCH TEA MUFFINS

2 tps. butter; 1 cup sugar; 1 egg; $\frac{1}{2}$ cups milk; 4 cups flour; 4 tps. Acacia baking powder; salt.

Cream butter, add sugar gradually, drop in egg and beat well. Add milk and flour alternately.

—Mrs. H. W. London

CINNAMON BISCUITS

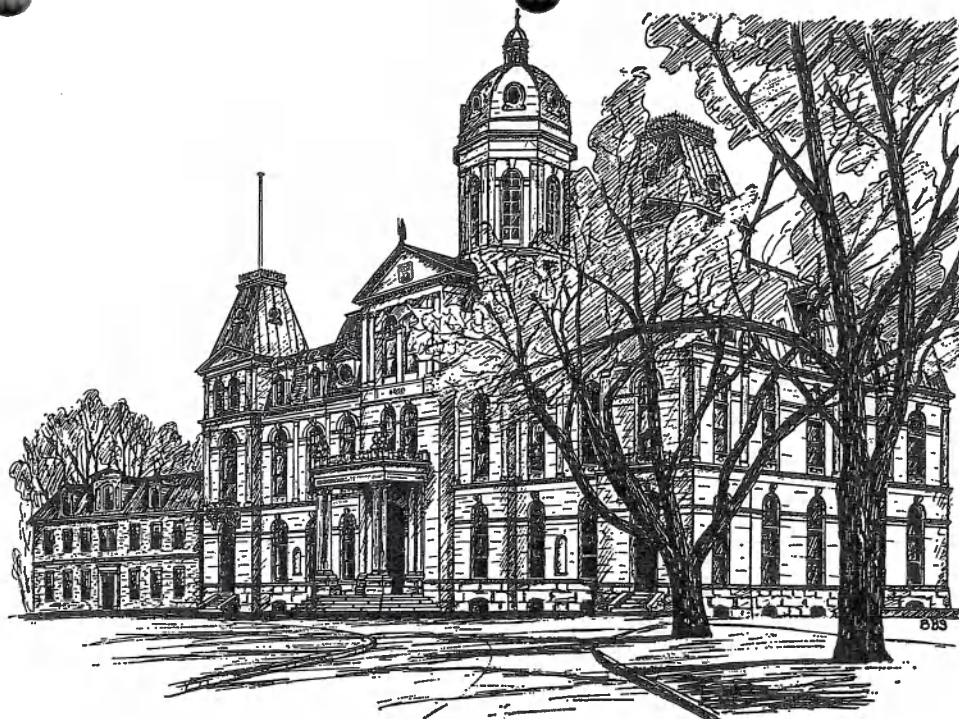
Make dough as for ordinary tea biscuits.

Melt butter, add brown sugar to form thick paste. Roll out dough, spread with paste, sprinkle generously with cinnamon. Roll as for jelly roll, cut, place in baker sheet with cut side up. Divide dough in two parts or biscuits will be too large. Bake in quick oven.

—Mrs. A. D. McCain

KING COLE TEA AND COFFEE

Atlantic Province's Favourites



"LEGISLATIVE BUILDING"

Fredericton, New Brunswick

Replacing an earlier building destroyed by fire in 1880, this building was completed in time for the session of 1882 which opened on February 16th. It was built by William Lawlor of Chatham and designed by J. C. Dumaresq of Saint John.

Rolls

ROLLS

To one pt. of scalded milk add 1 tbsp. shortening and 1 tbsp. sugar, allow to cool. Dissolve one cake of compressed yeast in 1 cup of warm water. Add 2 tsps. of sugar to this. Mix all together and add beaten egg. Use 1 tbsp. salt with enough flour to knead soft. Let rise once and put in pans.

—Mrs. H. M. B.

ALL BRAN ROLLS

1 cup of All Bran; pour on 1 cup boiling water; shortening, size of large egg; salt; $\frac{1}{2}$ cup molasses. Let cool. 1 egg beaten; 1 yeast cake in 1 cup water, flour to make stiff.

—Mrs. Percy Barter

POTATO ROLLS

$\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup shortening, cream together. Add 2 well-beaten eggs; 1 cup mashed potatoes; $1\frac{1}{2}$ cups lukewarm water; 1 Best yeastcake soaked in $\frac{1}{2}$ cup warm water; 1 tsp. salt; 7 cups sifted flour. Knead thoroughly. Let rise once.

—Mrs. Matthew Rothwell

GRAHAM ROLLS

Sift together 2 cups graham flour, 1 cup pastry flour; add $\frac{1}{2}$ cup molasses; $\frac{1}{2}$ cup cream or butter; 1 tsp. salt; $1\frac{1}{2}$ cups sour milk; 2 tsps. soda; 2 tsps. cream of tartar.

HOT CROSS BUNS

2 cups milk; $\frac{1}{2}$ cup sugar; 1 tsp. salt; $\frac{1}{2}$ cup melted butter; 1 beaten egg; 1 cup raisins; 1 yeast cake; $\frac{1}{2}$ tsp. cinnamon; 2 cups flour.

Let rise until very light, then add flour to make a stiff dough. Roll out as for biscuits, cut with cutter and place in pan until very light. Bake in moderate oven. Cut cross in top when put in the pan. After they are baked fill the cross with icing sugar. Makes 40 buns.

—Annie Stickney

LEMON ROLLS

1 cup scalded milk; 2 tsps. sugar; 4 tsps. melted butter; 2 eggs, beaten light; grated rind of 2 lemons; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ Royal yeast cake dissolved in $\frac{1}{2}$ cup warm water.

To the scalded milk add sugar and salt, let stand until lukewarm, then add yeast-cake and $1\frac{1}{2}$ cups warm flour. Stir well, let stand in a warm place overnight.

In the morning add butter, eggs, lemon and flour enough to knead. Let rise, then form in rolls and let rise again. Cook 20 minutes to delicate brown.

—Mrs. Donald Kirkpatrick

ICE BOX ROLLS

1 cup boiling water; $\frac{1}{2}$ cup shortening; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ tsp. salt.

When cool, add 1 yeastcake which has been dissolved in $\frac{1}{2}$ cup lukewarm water and 2 beaten eggs. Stir in 4 cups bread flour. Do not knead. Put in mixing bowl and grease top with melted butter. Cover with wax paper. Chill, and use quantity as wanted by cutting in required size and putting in pan. Let rise and bake.

—Mrs. C. W. Clark

—Mrs. Wallace Matheson

MILK ROLLS

1 cup scalded milk; 2 tsps. shortening; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ yeast cake; 2 eggs, beaten; 3 cups flour; $\frac{1}{2}$ cup chopped raisins or currants if desired.

Method: Add shortening, sugar, salt to milk. When lukewarm add yeast, flour and eggs, well beaten. Let rise until very light and then shape into rolls. Let rise until light and bake 20 to 30 minutes.

—Lottie Clark

CINNAMON ROLLS

Take raised bread dough and roll out on floured board. Spread with butter, sprinkle with cinnamon and sugar. Roll up like a jelly roll and cut. Let rise. Bake $\frac{1}{2}$ hour in moderate oven.

—Mrs. Dana Brooks

Pies

"Who'll dare the truth deny, There's poetry in pie?"—Longfellow.

PLAIN PASTRY

1 cup shortening; 1 cup butter; ice water; 1 1/2 cups flour; 1 tsp. Acadia baking powder; salt.

Cut shortening into flour in which baking powder and salt have been sifted thoroughly. Mix with small amount ice water, using knife. Roll out, spread with butter, dust lightly with flour, roll and chill before using. Use hot oven.

—Mrs. A. D. McCain

HOT WATER PASTRY

1 cup shortening; 1 cup boiling water; 1 1/2 cups sifted pastry flour; 1 tsp. Acadia baking powder; 1 tsp. salt.

Place shortening and boiling water in bowl, beat until cold and creamy. Chill. Sift dry ingredients together, add first mixture, stir until it forms smooth ball. Chill well. This makes pastry for one 2-crust 8-inch pie.

—Kate Aitken's Recipe

PECAN PIE

3 eggs; 1 cup brown sugar; 1 tbsp. butter; 1 cup Karo syrup; 1 cup pecans; 1 tsp. vanilla; few grains of salt.

Cream butter and sugar and add syrup, well-beaten eggs, salt and vanilla. When well mixed add the coarsely chopped pecans and turn into a pie-plate lined with paste. Bake in a moderate oven until firm.

Walnuts may be substituted.

—Mrs. Franklin D. Roosevelt,
The White House,
Washington, U.S.A.

CARROT PIE

1 cup grated carrot; 1 cup sugar (white); 1/2 cup water; 1 tbsp. butter; 2 1/2 tbsps. cornstarch; 1 tsp. salt; 2 egg yolks; 1 tsp. vanilla; 2 egg whites.

Blend cornstarch with a little cold water, then add balance of water and cook thoroughly. Add other ingredients and cook a while longer. Put in an already baked pie shell and cover with meringue made with the 2 egg whites and brown slightly in oven.

—Muriel W. McCain

RAISIN PIE

1 1/2 cups seedless raisins cooked in 2 cups water until plump; 2 egg yolks; 1 cup sugar; 1 tsp. salt; 1 tsp. butter; 3 tbsps. cornstarch or flour; 1/2 tsp. vanilla and 1/2 tsp. lemon. Add this to raisins and water. Cook until thick. Cool slightly, then pour into baked pastry shell. Top with meringue made of the two egg whites and brown in moderate oven.

—Mrs. Carl Hansen

PINEAPPLE PIE

1 cup sugar; 3 tbsps. flour; 1 cup of water; salt.

Cook until thick and add 1 cup crushed pineapple. Cook a few minutes, then add beaten yolks of 2 eggs.

Place in baked pie shell and cover with meringue, made of 2 egg whites. Put in oven to brown meringue.

—Violet Chapman

PINEAPPLE PIE

Beat 1 cup butter; cup sugar and yolks of 2 eggs to a cream. Add 1 1/2 cups crushed pineapple. Dissolve 2 tbsps. cornstarch in 1/2 cup sweet cream, add to pineapple mixture and mix thoroughly. Gently fold in 2 stiffly beaten egg whites. Place mixture in a large unbaked pie shell. Bake in hot oven for ten minutes, then reduce heat to moderate and bake until filling is brown on top and firm in centre.

—Lillian O'Hagan

PUMPKIN PIE

1 can pumpkin; 1 1/2 cups brown sugar; 1/2 tsp. ginger; 1 1/2 tbsps. cinnamon; 1 tsp. nutmeg; 1 tsp. salt; 3 eggs; 2 1/2 cups milk. Mix ingredients together thoroughly, pour into unbaked pie shells. Bake about 30 minutes.

—Mrs. Gordon Lovely

BUTTERMILK PIE

2 cups fresh buttermilk; 2 tbsps. flour; 2 tbsps. butter; 2 eggs; 1 cup sugar; flavor with lemon. Bake in an open crust. This makes two pies.

—Mrs. Bert Swin

RAISIN PIE

1 cup raisins; 1 cup bread crumbs (fine); 1/2 cup sugar; 1/2 cup water filled up with vinegar; 1 tsp. ground cloves; 1 tsp. butter.

Simmer well together and bake in two crusts. More water may be added if filling is not juicy enough.

—Clara E. Day

RAISIN PIE

1 cup raisins; 2 cups water; 4 tbsps. minute tapioca; 1/2 cup sugar; 1/2 tsp. salt; 1 egg slightly beaten; 1 tsp. butter; 2 tbsps. lemon juice; 1 tsp. grated lemon rind; baked 9-inch pie shell; whipped cream.

Add raisins to water, cover and cook 30 minutes; drain; add enough water to juice to make 2 cups. Combine minute tapioca, sugar, salt and liquid in saucepan and mix well. Bring mixture quickly to full boil over direct heat, stirring constantly. Pour small amount over eggs, stirring vigorously. Return to saucepan and bring just to boil. Remove from fire and add butter, raisins, lemon juice and rind. Fill pie shell. Cover with whipped cream.

—Mrs. Ella Speer

BANANA PIE

1 large cup milk; 1 rounded tsp. cornstarch; 1/2 cup sugar; 1 tsp. salt; 2 egg yolks (or 1 egg); 1 tsp. vanilla.

Scald the milk, mix cornstarch, sugar and salt in a little cold water and add to hot milk, slowly cooking until thick in double boiler; beat egg and add slowly, stirring. Cool and add vanilla. Put into a baked crust a layer sliced bananas and a layer of filling until full. Serve with whipped cream on top, or beat egg whites until stiff, add sugar, pinch of cream of tartar. Spread on top and brown slightly in oven.

—Mrs. C. E. Kidney

PUMPKIN PIE

1 cup canned pumpkin; 1 cup milk; 1 cup sugar; 1/2 tsp. salt; 1/2 to 1 tsp. ginger; 2 egg yolks; 1 1/2 tbsps. cinnamon; lemon flavoring (optional).

Mix pumpkin with mixed dry ingredients, add egg yolks, well beaten; then add milk and mix well; add flavoring if desired. Bake in single shell. Make meringue of 2 egg whites, 4 tbsps. sugar and a few drops of vanilla. Spread over pie and brown slightly in oven.

—Jean MacMullin

BANANA PIE

1 pint milk, let come to a boil. Beat 2 egg yolks, lightly, add 1/2 cup sugar, 2 tbsps. flour, salt. Add this mixture to hot milk and let cook until thickened. Add 1 tsp. vanilla. Add to cooked pie shell layer of filling, layer of sliced bananas, layer of filling, layer of sliced bananas. Make meringue of egg whites, spread over top of pie and brown.

—Mrs. Wilbur G. LaPage
—Mrs. Gregg

COCOANUT PIE

2 egg yolks; 5 tbsps. flour (level); 1/2 cup sugar; 1/2 tsp. salt; 1/2 cup milk; 1 cup cocoanut; 1 tsp. vanilla; 2 egg whites for top; 1 1/2 cups scalded milk.

Mix dry ingredients with cold milk and add to scalded milk. Add cocoanut and vanilla after cooked.

—Mrs. Dean Lyon

PUMPKIN CHEFON PIE

3 slightly beaten eggs; 1/2 cup sugar; 1 cup canned pumpkin; 1/2 cup milk; 1/2 tsp. salt; 1/2 tsp. ginger; 1/2 cup nutmeg; 1/2 tsp. cinnamon; 1/2 tsp. unflavored gelatin (1 envelope); 1/2 cup cold water; 1/2 cup sugar; 3 stiffly beaten egg whites; baked pie shell.

Method: Combine egg yolks; 1/2 cup sugar; pumpkin; milk; salt and spices. Cook in double boiler until thick, add gelatin softened in cold water, stir until dissolved. Cool until partially set; add remaining 1/2 cup sugar and fold in egg whites. Pour in baked pastry shell. Chill until firm. Garnish with whipped cream.

—Helen Welch

MEXICAN DATE PIE

1 cup white sugar; yolks of 2 eggs; 1 cup sweet cream or milk; chopped dates. Method: Line pie plate with pastry and put in a layer of chopped dates in bottom. Add the above mixture and bake. Beat whites of eggs stiff, add sugar and spread it over the top. Brown.

—Mrs. Fred Jennings

VINEGAR PIE

Add 4 tbsps. vinegar to 2 1/2 cups boiling water. Mix 1 1/2 cups sugar with 3 tbsps. cornstarch. Add to hot liquid and cook until thick. Add 2 egg yolks, cook until done. Stir in 1 tsp. of lemon flavoring and 1 tsp. butter. Use egg whites as meringue.

—Laura Good

BUTTERSCOTCH PIE

1 cup brown sugar; 3 cups milk. Put in a double boiler and scald. Then add 1 cup butter; 3 egg yolks beaten with 1 cup brown sugar; 4 large tbsps. flour and a pinch of salt. Add this mixture to scalded milk. Cook until thick.

Cook and put in baked crust. Use whites of eggs for meringue. Enough for 2 pies.

—Mrs. J. Bushby

APRICOT PIE

2½ cups canned apricots cut in quarters; 4 tbsps. sugar; 1 pkg. orange Jell-o; 1 pt. hot apricot juice and water; ¼ tsp. salt; 1 baked 9-inch pie shell.

Combine apricots and sugar; dissolve Jell-o in hot apricot juice and water. Add salt. Pour over apricots. Chill. When slightly thickened turn into cold pie shell. Chill until firm. Garnish with whipped cream using pastry tube.

—Clara Day

GREEN TOMATO MINCEMEAT

1 pk. tomatoes; 1 pk. apples; 6 lbs. brown sugar; 2 lbs. currants; 2 lbs. seedless raisins; 1 cup vinegar; 2 tbsps. salt; cloves, cinnamon and allspice to taste; 1 lb. or more of suet. Butter may be used instead of suet.

—Ethel M. Ray

MINCEMEAT

Over 1 lb. meat cooked until tender; 3 lbs. apples; 1 lb. raisins; 1 lb. currants; 1 lb. mixed peel; 2 good cups brown sugar; 1 nutmeg; 2 tpsps. cinnamon; ¼ tsp. cloves; 1 lb. suet; 1 cup molasses; juice and rind of 2 lemons; juice and rind of 2 oranges; liquor off meat; cider or wine to make right consistency.

—Edith P. Dalling

MINCEMEAT

1½ lbs. apples peeled, cored and ground; 4 lbs. cooked meat; 4 lbs. raisins; 2 lbs. currants; 1 lb. suet; 1 lb. butter; 7 lbs. sugar; 6 cups molasses; 2 lemons; 2 oranges; 1 cup vinegar; salt to taste.

Method: Put molasses and sugar on stove and boil until it hairs (as candy) then add meat liquid (1 pint) and vinegar. Put suet through chopper and melt in frying pan. Then add butter and apples. Cook well before adding other fruit. Add oranges and lemons (juice and pulp) also other fruit. This is sufficient to make 3 gallons.

—Mrs. Fred Perry

CUSTARD PIE

3 eggs (beaten); 3 cups milk; 1 cup sugar; dash of salt and nutmeg.

Sprinkle a little coconut over top. Bake in deep crust-lined pie plate.

—Mrs. F. M. Moore

MOCK LEMON PIE

Beat the yolks of 2 eggs with 3 tbsps. vinegar, 1 tsp. lemon; 1½ cups hot water; small piece of butter.

Mix together ¼ cup sugar; 2 tbsps. flour. Add to former and cook in double boiler until thick. Pour into a baked pie crust, cover with a meringue of 2 egg whites and 2 tbsps. sugar. Put in oven and brown. (1 pie).

—Mrs. B. D. Graham
—Beatrice Irving

LEMON SPONGE PIE

Put raw crust on pie plate.

Take ¼ cup sugar; 1 tsp. butter; 1½ tbsps. flour; ¼ tsp. salt; juice and rind of 1 lemon; yolks of 2 eggs; 1 cup milk. Beat 2 egg whites stiff and fold in at last. Bake in moderate oven.

—Mrs. J. P. Burke

BUTTERSCOTCH PIE

1 cup brown sugar; 1½ tbsps. flour; 1 tsp. butter; 2 egg yolks (beaten), whites for meringue; 1 cup milk; 1½ tpsps. vanilla. Cook in double boiler until it thickens and pour in baked shell. Cover with meringue and brown in oven.

This makes filling for 1 pie.

—Mrs. Ernest Stone

RHUBARB PIE

2 cups rhubarb cut small; 1 cup sugar; 1 tsp. butter (melted); yolks of 2 eggs; 1 tsp. lemon essence.

Stir well and bake in under crust. Make meringue of whites of eggs and 2 tpsps. sugar stiff. Brown.

—Mrs. Ward Miller

BUTTERSCOTCH PIE

1 cup milk; 1 cup brown sugar; 2 tpsps. cornstarch; 2 egg yolks; 1 tsp. vanilla; pinch of salt; butter size of walnut. Put milk and brown sugar in double boiler, when hot add cornstarch mixed up with a little milk, and cook. Then add butter, vanilla, salt and egg yolks. Beat egg whites for top of pie. Cook until browned.

—Mrs. Moody Brooker
—Mrs. Fred C. Deost

TART SHELLS

1 cup Crisco; 2 tpsps. iced water; white of 1 egg beaten stiff; pinch of salt; 1 cup flour; ¼ tsp. cream of tartar; 1 tsp. soda.

—Mrs. R. A. McIntyre

LEMON PIE

4½ cups water; 3½ cups sugar; 1½ cups flour; salt; 9 egg yolks; 1½ cups lemon juice; grated rind.

Mix water, yolks together. Add flour, salt and sugar. Cook until thick; remove from fire, add juice and rind. Pour into cooked crusts, cover with meringue and brown.

—Mrs. George W. Whitehouse

LEMON PIE FILLING

1½ cups water; 4 tpsps. cornstarch; 2 tpsps. flour; 1 cup white sugar; ¼ tsp. salt; 1 tsp. butter; 1 large lemon; 2 eggs; 2 tpsps. icing sugar.

Method: Blend cornstarch, flour, sugar, and salt with ¼ cup cold water, when smooth add remaining 1½ cups of boiling water, cook until clear, stirring constantly. Add 1 tsp. butter and well beaten egg yolks and cook few minutes longer. Remove from fire and add grated rind and juice of lemon; stir until smooth, pour into baked pie shell and spread with meringue made from egg whites and icing sugar. Brown lightly.

—Mrs. Glen Crawford

LEMON PIE

Plain pastry.

Mix: 1½ cups sugar; 1 cup cornstarch; 2½ cups hot water.

Cook in double boiler 10 minutes. Add 1 lemon rind and juice and 2 egg yolks well beaten, pinch of salt. Add piece of butter when all cooked.

Bake crust first, add filling. Use egg whites for meringue. Put in oven, let brown lightly.

—Mrs. Gerald Fitzgerald

CHERRY PIE

Pastry: 2 cups flour; ¼ tsp. salt; 1 cup shortening; 1 cup cold water.

Sift flour and salt together, cut in shortening and rub well with flour. Add water gradually.

Filling: 2 cans cherries, 1 cup sugar; 2 tpsps. flour; ¼ tsp. salt; 1 tsp. butter; 1 cup cherry juice.

Mix flour and salt with sugar, add cherries. Add sugar and pour juice over sugar. Dot with butter. Apply top crust.

—Ethie Wallace

MOCK CHERRY PIE

1 cup cranberries, chopped fine; 1 cup seeded raisins; 1 cup white sugar; 1 cup cold water; 1 tsp. cornstarch; 1 tsp. vanilla.

Cook until thick. Bake between two crusts. Enough for two pies.

—Mrs. Cecil Whitehouse
—Mrs. A. W. Baker

LEMON PIE FILLING

1 cup sugar; 1 heaping tsp. cornstarch; juice and rind of 1 lemon; 1 egg; 1 cup cold water; butter size of walnut, pinch of salt. Cook in double boiler.

—Mrs. S. W. Bell

LEMON PIE

Juice of 1 lemon; yolks of 3 eggs; 1½ cups sugar; butter size of an egg; salt; 2 tpsps. cornstarch (wet with cold water). To cornstarch mixture, add 1 cup boiling water; then other ingredients, butter, sugar, lemon and egg yolks beaten well. Cook until mixture thickens.

Meringue: Whites of 3 eggs, 2 tpsps. cold water; ¼ cup sugar; 1 tsp. lemon flavoring.

—M. MacDonald

FLAPPER PIE

25 graham crackers, rolled; 1 cup sugar; 1 cup butter mixed thoroughly. Take 1 of the crumbs, put in greased pan and cook 7 or 8 minutes.

Filling: Juice and rind of 1 lemon; 1 cup sugar; 1 cup flour; 3 egg yolks, beaten; 2 tpsps. cold water; 3 egg whites beaten stiff. Pour filling over bread crumbs, then sprinkle other 1 of crumbs over top. Bake 20 minutes.

—Lois McCloskey

LEMON CRACKER PIE

12 crackers; 1 cup sugar; 1 cup flour; 1 tsp. Acadia baking powder; 1 cup cocoanut; 1 cup butter, salt.

Filling: 1 cup sugar; grated rind and juice of 1 lemon; 2 tpsps. cornstarch; 1½ cups boiling water; 2 egg yolks. Cook until thick.

Roll crackers to crumbs, mix with other dry ingredients, then rub in butter. Pack in bottom and sides of large pie plate saving about 1 cup of crumbs for top. Pour on filling. Beat whites of eggs until stiff, add 4 tpsps. sugar, put on top and sprinkle with crumbs. Put in slow oven for about 20 minutes.

This is also delicious filled with cocoanut cream filling.

—Mrs. C. H. Gallop

LEMON AND ORANGE PIE

1 lemon, juice and grated rind; 1 orange juice; 1 cup white sugar; 2 tbsps. cornstarch; 2 egg yolks; 1 tbsp. melted butter; 1 cup boiling water.

Mix ingredients together and cook until thick. Cool. Put into baked pie shell. Beat egg whites, add 1 tbsp. frosting sugar. Spread over pie and cook in a slow oven until brown.

Plain Pastry for Pie Shell: 2 cups pastry flour; 1 cup shortening; $\frac{1}{2}$ tsp. salt; $\frac{1}{4}$ cup cold water.

Cut shortening into flour and salt, not too fine, leave pieces as big as a pea. Sprinkle over the water. Mix with a knife slightly, then use hands to mould together, make into two balls of equal size. Roll out to fit pie plate. Prick with a fork all over before baking empty pie shell. Makes two shells.

—Gladys Hanson

DATE PIE

(Good recipe to use when sugar is scarce.)

1 cup chopped dates; $\frac{1}{2}$ cup chopped raisins; $\frac{1}{2}$ cup sugar; 1 tsp. butter. Cover with water and cook until the dates are soft, then add 1 rolled soda biscuit, if cup is large or $\frac{1}{2}$ one if the cup used is small.

Before putting on top crust add a little nutmeg.

—Mrs. J. K. Macintosh

GRAHAM CRACKER PIE

12 graham crackers; $\frac{1}{2}$ cup melted butter; $\frac{1}{2}$ cup sugar. Put crackers through food chopper. This is the crust.

Filling: 1 cup brown sugar; 4 tbsps. cornstarch; 3 egg yolks; 2 cups milk; vanilla and piece of butter.

Mix graham crackers, butter and sugar and line pie plate. Leave some to cover top of pie. Cook filling in double boiler, pour into lined plate, beat egg whites, add 3 tbsps. sugar and put over top. Sprinkle with remaining crumbs. Bake 20 minutes in hot oven.

—Mrs. D. W. Cummings

LEMON PIE

1 heaping cup sugar; grated rind and juice of 1 lemon; 2 egg yolks; $1\frac{1}{2}$ cups hot water.

Put mixture in double boiler and stir while cooking. Add 1 tbsp. cornstarch. Put in baked pie shell and cover with meringue made of 2 egg whites beaten well. Brown in oven.

—Mrs. Ernest Stone

CHOCOLATE PIE

Beat the yolks of four eggs, add a heaping cup of brown or white sugar; butter the size of a walnut; 2 tbsps. of grated chocolate or cocoa dissolved in 1 tbsp. or more of hot water; three cups milk; 2 tbsps. flour; vanilla if desired.

Mix the flour with the sugar and butter before adding the milk. Cook in a double boiler, pour into baked pie shells and cover with whites of eggs beaten stiff with sugar to taste. Brown in slow oven.

—Mrs. E. Murray Lamont

DATE SUPREME PIE

$1\frac{1}{2}$ cups brown sugar; 4 tbsps. (level) cornstarch; 3 eggs; 2 cups milk; 1 tsp. vanilla; butter size of walnut; pinch of salt. Mix brown sugar, cornstarch, salt; add beaten eggs. Add to scalded milk. Cook until thick, remove from fire. Add butter and vanilla. Cool. Pour into baked pie shell. Spread over a layer of date filling previously cooked: $1\frac{1}{2}$ cups dates; $\frac{1}{2}$ cup brown sugar; $\frac{1}{2}$ cup boiling water.

This is topped off with a layer of slightly sweetened whipped cream.

—Mrs. J. B. Sutherland

PINEAPPLE PIE

1 cup cold water; 1 cup crushed pineapple; 1 cup sugar; 3 large tbsps. flour; salt; 2 eggs; 2 tbsps. butter; vanilla.

Heat water and pineapple to boiling point. Mix sugar, flour and salt and add pineapple mixture. Cook about 20 minutes, or until thick. Add 2 well beaten egg yolks. Cook 3 or 4 minutes, remove and add butter and vanilla. Pour into baked crust. Top with meringue.

Puddings

"The proof of the pudding is in the eating"—Cervantes.

PRINCESS PUDDING

3 eggs; 1 spoonful of apricot jam; sugar to taste; vanilla or lemon flavouring. Whip in an egg; hold over hot water for 20 minutes. Add 3 sheets of gelatine and $\frac{1}{2}$ pt. whipped cream. Put in a Charlotte mould. When quite cold, turn out and serve with apricot or damson sauce, or even orange ice.

—Her Royal Highness Princess Alice

WINE JELLY

3 tbsps. Knox gelatine, dissolve in $\frac{1}{2}$ cup cold water; add $1\frac{1}{2}$ cup boiling water; 1 cup sugar; $\frac{1}{2}$ cup orange juice; 3 tbsps. lemon juice; 1 cup wine, sherry preferred.

Sauce for Wine Jelly

Yolks 2 eggs; beat thoroughly with one cup brown sugar. Stand in cool place, when ready to serve whip half cup of cream and mix lightly with beaten eggs and brown sugar.

—Mrs. George Black, Ex-M.P. Dawson, Yukon.

BITTER SWEET CHOCOLATE HARD SAUCE

$\frac{1}{2}$ cup butter; 1 tbsp. cream (beaten slightly) $1\frac{1}{2}$ cups sifted powdered sugar; 1 tbsp. chipped unsweetened chocolate. Stir the butter until creamy; then work in alternately the sugar and cream until all has been used. Add chocolate and chill before serving.

—Mrs. B. Franklin Smith

BUTTERSCOTCH BANANAS

$\frac{1}{2}$ cup corn syrup; $\frac{1}{2}$ cup brown sugar; 2 tbsps. light cream; $\frac{1}{2}$ cup whipping cream; 2 tbsps. butter; 1 tsp. vanilla.

Method: Cook together corn syrup, brown sugar, cream and butter, stirring until sugar is dissolved. Let bubble for about 5 minutes, cool and add vanilla. Pour over sliced bananas. Serve with whipped cream.

—Mrs. Arthur Henderson

RADIO PUDDING

1 cup flour; $\frac{1}{2}$ cup white sugar; 1 tsp. soda; 2 tbsps. cream of tartar; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ cup raisins; $\frac{1}{2}$ cup milk; $\frac{1}{2}$ tsp. vanilla.

Sauce for Pudding

$\frac{1}{2}$ cup brown sugar; butter size of large walnut; 2 cups boiling water. Pour sauce over dough and bake.

—Mrs. Harry Fisher

JELLIED PRUNES

$\frac{1}{2}$ lb. prunes; 3 cups cold water; 1 cup sugar; $\frac{1}{2}$ cup lemon juice; $\frac{1}{2}$ oz. gelatine; $\frac{1}{2}$ cup cold water.

Soak prunes in cold water. Cook until tender in water in which they were soaked. Remove prunes, stone and cut in quarters. Make a syrup of prune water (there should be 2 cups) and sugar. Soften gelatine, dissolve in hot syrup, add lemon juice (strain). When jelly is partially set, add prunes. Turn into mould and chill. Serve with sugar and cream or whipped cream or ice cream.

—Alice C. Tilly

PINEAPPLE CREAM

1 can pineapple; 1 pt. cream (whipped); $\frac{1}{2}$ pkg. Knox's gelatine; sugar to sweeten (about $\frac{1}{2}$ cup).

Soak gelatine in a little cold water for 15 minutes, then dissolve in hot water, add sugar. Then take pineapple and put in gelatine, leaving out some juice if too much; cool a short time and pour on the whipped cream, beating it well into the cream. Put in ice box to cool.

—Mrs. Arthur Birmingham

BLANC MANGE

1 qt. milk; pinch salt; 4 level tbsps. potato flour. Mix the potato flour in a little of the cold milk, heat the remainder of the milk in a double boiler. When boiling add the dissolved potato flour, cook twenty minutes, stirring constantly. Sweeten with 1 tsp. sugar, flavor with 1 tsp. vanilla. Cool in moulds and serve with cream and sugar or whipped cream.

BARBOUR'S

SPICES & EXTRACTS

THE BEST COOKS ALWAYS USE THE BEST.

HARD SAUCE

Cream $\frac{1}{2}$ cup butter; gradually add $1\frac{1}{2}$ cups powdered sugar; 1 tsp. vanilla; beat till very light, set in ice box till chilled. A few drops of brandy may be used if desired.

—Mrs. Henry Raymond Scott

BATTER PUDDING

3 tbsps. flour; 3 eggs beaten separately; 1 pint of milk; a little salt.

Add milk gradually to flour and salt, beating well, then add beaten egg yolks and lastly beaten egg whites. Bake in moderate oven about $\frac{1}{2}$ hour. Serve hot with the following sauce:

Take 3 tbsps. flour and add cold water to make a paste, add enough boiling water to thicken. Cook a few minutes, stirring all the time. Now pour the cooked flour over 1 cup sugar and $\frac{1}{2}$ cup butter (scant) creamed together; flavoring.

—Mrs. Elwood Ritchie

FRESH STRAWBERRY CREAM

1 pkg. strawberry jelly powder; 2 cups boiling water; $\frac{1}{2}$ cup white sugar; 2 cups whipping cream; 2 cups strawberries.

Method: Wash, stem and cut berries; add sugar. Dissolve jelly powder in boiling water. Let cool until partly set; then beat, and add berries and whipped cream. Turn into mould and place in refrigerator until set. Serve in sherbet glasses.

—Ella Albright

CARAMEL BREAD PUDDING

1 cup brown sugar; 2 slices heavily buttered bread; 1 egg beaten; $1\frac{1}{2}$ cups milk; 1 tsp. vanilla.

Put sugar in a buttered casserole, cut bread in small pieces and place buttered side down on sugar. Mix the egg, milk and vanilla together and pour over this. Put in oven and cook until nicely browned. May be served with or without cream.

—Mrs. Alice Camp

SNOW PUDDING

1 pt. boiling water; 3 tbsps. cornstarch; 2 tbsps. white sugar; pinch of salt; yolks of 2 eggs.

Stir cornstarch, boiling water, sugar and salt until it thickens. After it is cooked and while hot, fold in the whites of 2 eggs, beaten to a stiff froth.

Serve with whipped cream, flavored with vanilla, or with any desired sauce.

—Mrs. S. A. Billings

CARAMEL BREAD PUDDING

$\frac{1}{2}$ cup sugar; 4 cups milk; 2 cups stale bread crumbs; 2 eggs; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ tsp. salt; 1 tsp. vanilla.

Place $\frac{1}{2}$ cup sugar in frying pan, place over heat and stir constantly until the sugar melts and becomes a light brown in color. Scald the milk in double boiler and add the caramelized sugar. Stir until the caramel dissolves, then add the bread crumbs and let soak for $\frac{1}{2}$ hour. Beat the eggs slightly, add the sugar, salt and vanilla, combine with the first mixture. Turn into a buttered baking dish, bake in a medium hot oven for 1 hour or until firm. Serve cold with whipped cream.

—Mrs. D. Clark

BUTTERSCOTCH PUDDING

1 cup flour; $\frac{1}{2}$ cup white sugar; $\frac{1}{2}$ cup milk; 2 tbsps. cream of tartar; 1 tsp. soda; $\frac{1}{2}$ tsp. salt.

Mix well and place in greased pan. Sprinkle $1\frac{1}{2}$ cups brown sugar over dough. Dot with butter and vanilla. Pour over this 2 cups boiling water. Bake for 20 minutes in moderate oven.

—Ruth Ronald

BREAD CHOCOLATE PUDDING

2 cups bread crumbs; 2 cups hot milk; $1\frac{1}{2}$ tbsps. cocoa; $1\frac{1}{2}$ cups sugar; 1 egg; $\frac{1}{2}$ tsp. salt; 1 tsp. vanilla.

Pour cocoa and hot milk over bread crumbs, sugar and salt. Add egg yolks and vanilla. White of egg beaten stiff and fold in. Bake 45 minutes in moderate oven. Serve with cream.

—Mrs. Dana Brooks

MAPLE MOULD DESSERT

2 cups boiling water; $1\frac{1}{2}$ cups brown sugar; $\frac{1}{2}$ cup cornstarch; 2 egg whites; chopped nuts.

Cook in double boiler until right consistency, then beat in whites of eggs and serve in individual glasses with chopped nuts and soft custard made from yolks of eggs or whipped cream.

—Mrs. J. Clayton Craig

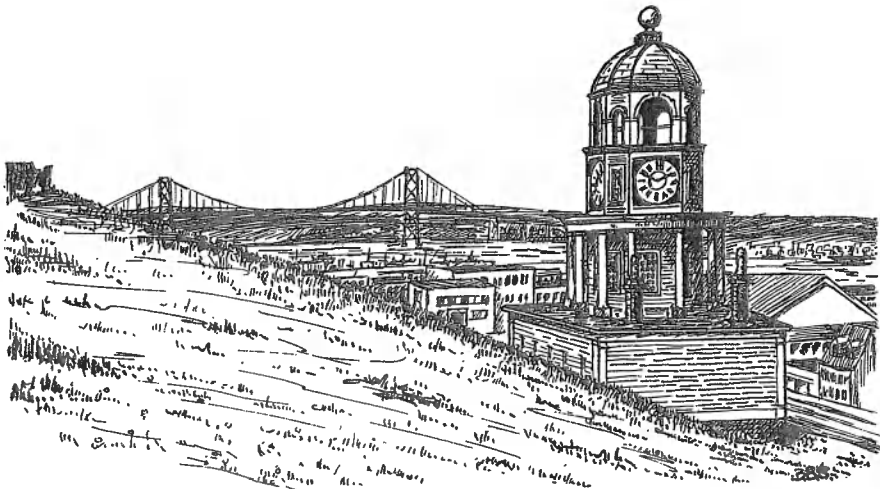
SUET PUDDING

1 cup chopped suet blended with $3\frac{1}{2}$ cups flour (scant); 1 cup molasses; 1 cup sour milk; 1 cup raisins (chopped); 1 tsp. soda and any spices preferred.

Add soda and spices to flour. Beat until smooth.

—Mrs. J. Josephine Porter

—Mrs. Nora Lloyd



"THE OLD TOWN CLOCK"

Halifax, Nova Scotia

This unique land mark located at the foot of the Citadel was built from plans drawn up under the direction of the Duke of Kent before he returned to England in 1800. The Clock was built in London and brought out by ship in 1801. It was placed in the tower which was built by the Royal Engineers in 1803. In the background is the Angus L. MacDonald Memorial Bridge connecting Halifax with Dartmouth.

CARAMEL PUDDING

1 cup sugar; dash of salt; 3 tbsps. flour; 1 egg; 1 pint of milk.

Method: Brown sugar in pan; beat egg; pour milk over sugar when melted, add salt, egg and flour. Cook.

—Mrs. Howard Henderson

ORANGE PUDDING

1 cup sugar; 1 cup rolled crackers; 2 eggs; $\frac{1}{2}$ tsp. butter; 1 grated orange rind and juice; 1 qt. milk.

Bake like a custard and serve cold. Serve with whipped cream flavored with orange.

—Mrs. Albert Carvell

PLUM PUDDING

2 cups suet; $1\frac{1}{2}$ cups flour; 1 cup molasses; $\frac{1}{2}$ cup brown sugar; 3 eggs; 1 tsp. cream tartar; 1 large tsp. soda; 1 tsp. cloves; 1 tsp. cassia; 1 tsp. nutmeg; 1 lb. raisins; 1 lb. currants; $\frac{1}{2}$ cup sweet milk. Steam 3 hours. Dry in oven.

—Mrs. Herbert S. Adair

GRAPEUT PUDDING

3 tbsps. tapioca; 2 cups boiling water; cook until transparent. 1 cup brown sugar; $\frac{1}{2}$ cup grapenuts; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ cup raisins; $\frac{1}{2}$ cup walnuts; vanilla.

Serve with whipped cream.

—Mrs. Wilbur E. Williams

MOCK STRAWBERRY SHORTCAKE

1 cup ground raw cranberries; 1 tart apple; $\frac{1}{2}$ cup crushed pineapple; 1 cup sugar.

Mix and let stand in cool place for 2 hours. Serve with short cake and whipped cream. Will keep several days.

—Mrs. Murray Nicholson

BAKED LEMON PUDDING

1 pt. milk; 1 cup bread crumbs; 2 egg whites and yolks beaten separately; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ the juice of a large lemon; $\frac{1}{2}$ the grated rind of lemon.

Scald milk and pour it over the bread crumbs, add a tbsp. of butter and cover the dish. When bread is softened, stir in egg yolks well beaten with the sugar. Add the grated lemon and bake in moderate oven until browned, about 40 minutes. When done cover with a meringue made by beating the egg whites very light, then beating in 4 tbsps. of sugar and the lemon juice. Return to oven and brown lightly. Serve with a lemon sauce.

—Mrs. Fred McCloskey

APPLE CRUMBLE

Slice apples into a shallow pudding dish. Mix together as you would for pie crust,

1 cup flour and $\frac{1}{2}$ cup butter and work in $\frac{1}{2}$ cup brown sugar to make a crumbly mixture. Sprinkle the apples with granulated sugar and nutmeg. Spread the flour mixture over the top and bake until the apples are cooked and the top well browned. Serve with warm cream.

—Mrs. John Boyce

LEMON SNOW PUDDING

$1\frac{1}{2}$ cups hot water; 2 cups white sugar; few shavings lemon rind; 2 egg whites; 2 tbsps. cornstarch; 1-6 cup cold water; 1-6 cup lemon juice.

Make a syrup of hot water, sugar and lemon rind and boil for three minutes and then remove rind from mixture. Mix cornstarch with cold water and add gradually to syrup and cook until thick and no taste of raw cornstarch and mixture looks clear. Remove from fire and add strained lemon juice and when slightly cool fold in egg whites beaten stiff. Cook over hot water in oven until mixture is set.

—Elva Faulkner

—Nettie Fox

GRAPEUT TAPIOCA PUDDING

Cook in double boiler; 4 tbsps. minute tapioca; $\frac{1}{2}$ cup brown sugar; $\frac{1}{2}$ tsp. salt; 2 cups hot water; $\frac{1}{2}$ cup seedless raisins; for fifteen minutes.

Remove from fire and add 2 tbsps. vanilla; 4 tbsps. fine walnut meats; 1 finely chopped apple and $\frac{1}{2}$ cup grapeut cereal. Serve with cream, either whipped or plain.

—Mrs. I. E. Boone

—Annie G. Smith

FOAMY LEMON PUDDING

1 tsp. butter; $\frac{1}{2}$ cup sugar; 3 tbsps. pastry flour; juice and rind of 1 lemon; 2 eggs; 1 cup milk.

Cream butter, work in sugar and flour. Add juice and rind of lemon. Beat egg yolks very light and add them; add milk and fold in stiffly beaten egg whites. Turn into buttered baking dish, set in a pan containing hot water, and bake about 20 minutes in a moderate oven. Serve hot or cold.

—Mrs. H. G. Brewer

—Mrs. Edward Markey

—Miss Hazen

CREAMY RICE

4 tbsp. rice; 2 tbsp. sugar; 4 cups milk; salt; nutmeg; small bit of butter. Mix all and bake slowly 2 hrs., stirring often. Serve cold.

—W. I.

AMBER PUDDING

2 cups cold water; 1 cup brown sugar; 1 cup minute tapioca; 1 tsp. salt; 1 tsp. lemon juice; 1 tsp. vanilla. Cook in double boiler. When cool, serve with whipped cream, topped with cherry or dot of jelly.

—Mrs. Donald V. Simonds

TAPIOCA CREAM PUDDING

2 cups scalded milk; 1 egg; 1 tsp. vanilla; 1 1/2 tsps. tapioca or sago; 1/2 tsp. salt; 1 cup sugar.

Soak tapioca in water enough to cover for one hour, drain; add to the milk and cook in a double boiler until tapioca is clear. Mix yolks of eggs with sugar and salt. Pour hot mixture slowly into egg mixture. Return to boiler and cook until thick. Stir constantly. Fold in whites of eggs beaten stiff, remove from boiler, add vanilla and chill, serve with whipped cream.

—Mrs. E. O. Adams

VINEGAR POT PIE

1 cup vinegar; 2 cups molasses; 2 cups sugar; 1 1/2 cups water. Pour in pan with cover and heat to boiling point.

Measure 2 1/2 cups flour; 3 tsps. Acadia baking powder; 1/2 tsp. soda and salt. Beat one egg until light and add enough new milk so that dough can be dropped in above liquid by spoonfuls. Cover and cook 15 or 20 minutes or until dough is cooked. This makes 6 or 8 servings. More sugar may be added if not sweet enough but should be tartish to taste.

—Mrs. Fred McKiel

MARSHMALLOW PUDDING

2 tsps. cornstarch (large); 1 tsp. sugar; 1 cup cold milk; 1 1/2 cups scalded milk; 16 marshmallows; 1 tsp. vanilla; 2 egg whites.

Mix cornstarch and sugar with cold milk, add to hot milk in top of double boiler and cook 20 minutes, stirring constantly until mixture thickens. Remove from heat and beat in marshmallows (cut in pieces). Add vanilla and fold in beaten egg whites. Turn into dishes to cool and serve with crushed fruit or fruit sauce.

—Mrs. A. Currie

CHRISTMAS PUDDING

1/2 lb. flour; 1/2 lb. fine bread crumbs; 1 lb. beef suet; 1 lb. brown sugar; 1 small tsp. salt; 1 lb. raisins; 1 lb. sultanas; 1 lb. currants; 1/2 lb. almonds; 1/2 lb. mixed peel (orange and lemon); 2 oz. citron; nutmeg, grated; rind and juice of 2 lemons; 2 oz. melted butter; 8 eggs; 1 cup brandy; 1/2 cup milk (more or less).

Stone raisins; wash and remove all stems from sultanas and currants, dry thoroughly. Shred orange and lemon peel and citron; blanch and chop almonds. When all are thoroughly cleaned and dry, put together into a bowl and sprinkle a little of the flour over the fruit. In another bowl put flour, bread crumbs, finely chopped suet, sugar and salt. Mix well together. Now combine the two, mixing with a wooden spoon. Add grated nutmeg and lemon rind, and when all the dry ingredients are thoroughly mixed pour in the beaten eggs, melted butter, lemon juice, brandy and milk. Beat well and put into well greased pudding moulds, tie down tightly so that water will not get in; boil for 8 hours. Keep pudding well covered with boiling water and do not let the water cease boiling till puddings are done and taken up. The day puddings is to be served boil again for one hour. Serve with brandy sauce or hard sauce.

Brandy Sauce

1/2 cup butter; 1 cup powdered sugar; 2 tsps. brandy; yolks of 2 eggs; whites of 2 eggs; 1/2 cup milk or cream.

Cream butter, add sugar gradually, then brandy very slowly, well beaten yolks and milk or cream. Cook over hot water until it thickens as a custard; pour over beaten whites.

—Mrs. Henry Raymond Scott

MARMALADE PUDDING

2 tsps. shortening; 2 tsps. sugar; salt, vanilla; 1 egg; 1 cup flour; 1 1/2 tsps. Acadia baking powder; 1/2 cup milk; 2 tsps. marmalade.

Make as cake, adding marmalade last, steam 1 1/2 hours. Serve with brown sugar sauce or cream.

—W. I.

CUP PUDDING

1/2 cup sugar; 2 tsps. butter; 1/2 cup milk; 2 eggs; 1 tsp. cream of tartar; 1/2 tsp. soda, salt. Flour to make a medium batter.

Steam 30 minutes. Put in cups which are 1/2 full of preserves or fruit.

APPLE ROLL

4 medium sized apples; 1 1/2 cups sugar; 1 pt. water. Select apples that will cook quickly. Put sugar and water in deep baking dish over slow fire.

Make rich biscuit dough. Roll out about 1/2 inch thick, spread with chopped apples and sugar, roll in long roll. Cut in pieces about 1 1/2 or 2 inches long. Place with cut side down in hot syrup. Put a small piece of butter on top and sprinkle with sugar and cinnamon. Cook until apples are tender. Turn out and serve with whipped cream.

Peaches or other fruit may be used.

Biscuit dough to use: 2 cups flour; 2 tsps. sugar; 1/2 tsp. salt; 4 tsps. Acadia baking powder; 1 egg; 1/2 cup milk; 3 tsps. shortening.

—Hazel A. Kilpatrick

JELLY DESSERT

1 tsp. Gelatine Powder; 2 cups boiling water. Add 1 cup sugar; 4 tsps. Fruit Flavor (Small bottles of orange, cherry, strawberry, etc. may be bought at the stores).

Stir, pour into moulds, let stand in a cold place until firm. Fruit may be added.

—Mrs. Austin Shaw

PINEAPPLE RICE

Cook 1 cup rice. When done add 1 cup sugar; 1 large can grated pineapple. Cool. When cool add 1 pt. cream. Whip thick and put on ice until ready to serve. Garnish with whipped cream and cherries.

—Mrs. Clarence B. Greer

SUET PUDDING

1 cup molasses; 1 cup milk; 1 cup chopped suet; 3 cups flour; 1 cup raisins (more may be added); 1 tsp. each of soda, salt, cinnamon and cloves.

Beat the soda into the molasses; add milk, salt and spices. Cover the raisins and suet with some of the flour. Stir well. Steam 3 hours.

—Ruth Ronald

—Mrs. Howard Allan

APPLE PUDDING

Fill dish half full with sliced apples or peaches.

Mix following batter and pour over: 1/2 cup sugar; 1 tsp. butter; 1 egg; 1/2 cup milk; 1 cup flour; 1 tsp. Acadia baking powder.

Steam 30 minutes. Serve hot with cream.

—Mrs. Murray Nicholson

CHOCOLATE PUDDING (Steamed)

1 egg; 1/2 cup white sugar; 1 cup milk; 1 tsp. melted butter; 1 1/2 oz. chocolate; 1 1/2 cups flour; salt; 2 tsp. Acadia baking powder; 1 tsp. vanilla.

Mix as cake batter, beating well. Steam 1 hr.

Sauce

Melt 2 tsps. butter, add 1 tsp. flour, mix. Add 1 cup boiling water, cook slowly, remove and add 2 tsp. cream and 2 tsps. vanilla. Serve hot.

—W. I.

STRAWBERRY SHORTCAKE

1/2 cup sugar; 1 egg; 2 tsps. melted butter; 1/2 tsp. salt; 2 tsps. cream of tartar; 1 tsp. soda; 1 cup milk; 2 cups flour.

Bake. Then split, spread with butter and crushed strawberries sweetened to taste, put top on, cover with whipped cream and more crushed berries. Raspberries may be used also.

W. I.

ORANGE PUDDING

Peel and slice 4 oranges in thin slices, take out all seeds, pour over oranges 1 cup sugar.

Heat 1 pt. milk, add 3 egg yolks; 2 heaping tsps. cornstarch, made smooth with milk.

Stir until thick. Pour over fruit. Beat egg whites stiff, add 1 tsp. sugar, spread on top of pudding. Brown in oven.

—Mrs. Arthur Rideout

TAPIOCA PUDDING

1/2 cup minute tapioca; 3 cups scalded milk; 1/2 tsp. salt; 1/2 cup canned pears; 1 cup pear syrup; 1/2 cup honey; 1 cup marshmallows.

Combine salt, tapioca and milk. Cook in double boiler until tapioca is clear. Place pears and syrup in casserole, add sugar and tapioca mixture, cover with marshmallows and bake 20 minutes.

—Mrs. Ernest Hallett

STEAMED PUDDING

1 cup molasses; 1 cup sour milk; butter size of egg; 1 tsp. soda; 1 tsp. cinnamon; 1/2 tsp. cloves, salt; 1 cup seeded raisins and flour to make like soft gingerbread (about 2 cups).

Steam 2 hours. Very nice with whipped cream or use the following sauce:

1 egg; 1 cup sugar, beat 20 minutes then add 10 tsps. boiling milk. Flavor with vanilla.

—Mrs. Havelock Hoyt

GINGERBREAD CUSTARD

2 eggs; $\frac{1}{2}$ cup sugar; 2 cups milk; 1 cup gingerbread crumbs.

Separate egg yolks and whites. Beat the yolks. Add the sugar and milk which has been scalded. Spread the gingerbread crumbs in a buttered baking dish and pour the first mixture over them. Set the baking dish in a pan of hot water and bake in a moderate oven for 1 hour. Beat the whites of the eggs until stiff, add 4 tbsps. sugar, a pinch of salt and flavouring. Spread on the custard fifteen minutes before removing from oven.

—Mrs. G. Orser

RAISIN PUFFS

$\frac{1}{2}$ cup butter; 1 cup milk; 2 tbsps. sugar; 1 cup raisins; 2 eggs; 2 cups flour; 2 tbsps. Acadia baking powder.

Steam for 1 hour and serve with the following sauce:

$\frac{1}{2}$ cup butter; 1 cup sugar. Cream well and add $\frac{1}{2}$ cup of strawberry preserves.

—Mrs. Andrew McCain

GRAPENUT PUDDING

2 cups cold water; 3 tbsps. tapioca.

Cook until transparent. Add 1 cup brown sugar, $\frac{1}{2}$ cup chopped raisins. Cook a minute longer. Add $\frac{1}{2}$ cup grape-nuts. Add salt, vanilla. Serve with cream.

—Mrs. L. C. Hatfield

STRAWBERRY SHORTCAKE

Sift all together 2 $\frac{1}{2}$ cups flour, 6 tsp. Acadia baking powder, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. nutmeg, $\frac{1}{2}$ cup sugar.

Work in $\frac{1}{2}$ cup shortening, 2 eggs beaten, 1 cup milk. Bake in layer cake pans in hot oven 15 minutes.

Spread with butter and mashed sweetened berries and top with whipped cream. Decorate with berries.

—Mrs. Donald McIsaac

BAKED COFFEE RICE PUDDING

$\frac{1}{2}$ cup rice; 2 $\frac{1}{2}$ cups milk; 1 $\frac{1}{2}$ cups strong coffee; $\frac{1}{2}$ cup brown sugar; salt.

Wash rice, place in greased casserole. Add coffee, milk, sugar and salt, cook in a slow oven until rice is a creamy mixture. Mixture should be stirred during first part of cooking. Dates or raisins may be added $\frac{1}{2}$ hour before mixture is taken from oven. Serve with plain or whipped cream.

—H. M. Sidwell

COFFEE SOUFFLE

1 $\frac{1}{2}$ cups coffee infusion; $\frac{1}{2}$ cup milk; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ tsp. salt; 3 eggs; $\frac{1}{2}$ tsp. vanilla; 1 tsp. granulated gelatine.

Mix coffee infusion, milk, one-half in the sugar and gelatine, and heat in double boiler. Add remaining sugar, salt, and yolks of eggs slightly beaten; cook until mixture thickens, remove from range, add whites of eggs beaten until stiff, and vanilla. Mould, chill and serve with whipped cream.

—Mrs. Stanley Lewis

MOUNTAIN DEW PUDDING

1 pt. milk; 2 egg yolks; 2 tbsps. cocoanut; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ cup cracker crumbs; 1 tsp. lemon extract; $\frac{1}{2}$ cup sugar.

Pour into a well buttered baking dish and bake for about $\frac{1}{2}$ hour. When done top with meringue made of the two egg whites and $\frac{1}{2}$ cup sugar.

—Mrs. Ralph Campbell

PINEAPPLE WHIP

1 pkg. plain gelatine soaked in a little water; 1 cup sugar cooked with juice of pineapple until it hairs. Pour over the dissolved gelatine when mixture is cooled. Stir in the crushed pineapple, whip and stir in 1 pt. whipped cream. Set to mould.

—Mrs. Geo. Nicholson

CRUMB STEAMED PUDDING

2 cups fine bread crumbs; $\frac{1}{2}$ cup. shortening or suet; $\frac{1}{2}$ cup molasses; 1 egg; $\frac{1}{2}$ cup milk (in which 1 tsp. soda is dissolved); 1 tsp. cinnamon (fr.); $\frac{1}{2}$ tsp. cloves, nutmeg, salt; $\frac{1}{2}$ cup raisins; $\frac{1}{2}$ cup dates.

Mix above ingredients well. Do not have too dry, more milk may be added. Steam 2 hours. Serve with hard sauce or whipped cream.

—Family Herald Recipe

OZARK PUDDING

1 egg; $\frac{1}{2}$ cup sugar; 2 tbsps. flour; 1 $\frac{1}{2}$ tsp. baking powder; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ cup cocoanut; $\frac{1}{2}$ raw chopped apples; 1 tsp. vanilla.

Beat egg and sugar well, until smooth. Mix flour, baking powder and salt, add to above. Add apples, cocoanut and vanilla. Bake in buttered pan in medium oven 30 minutes. Can eat as pie with cream. Some use $\frac{1}{2}$ cup nuts instead of cocoanut and serve topped with ice cream or whipped cream.

—Mrs. Harry Truman

Supper Dishes

SCALLOPED DISHES

(Basic Recipe)

4 tbsps. butter; 4 tbsps. flour; 2 cups milk; 3 cups cooked food, cut in pieces; salt and pepper.

Melt butter, blend in flour and seasonings, add milk gradually until mixture thickens. Cook for 3 minutes. Place alternate layers of cooked food and sauce in buttered baking dish. Cover with buttered bread crumbs and bake in a hot oven (400°F.) until crumbs are nicely browned. Note: $\frac{1}{2}$ to $\frac{3}{4}$ cup grated cheese and a dash of mustard may be added to the sauce before removing from the stove. The cheese sauce may be used in place of plain sauce in making such scalloped dishes as scalloped macaroni and scalloped vegetables.

Scalloped Vegetables

Use 3 cups cooked vegetables, cauliflower, cabbage, potatoes, corn, spinach, asparagus, carrots, peas, string beans. Use a combination of vegetables as 1 $\frac{1}{2}$ cups of carrots, 1 $\frac{1}{2}$ cups of peas; or, 1 cup peas, 1 cup carrots and 1 cup potatoes; or 1 $\frac{1}{2}$ cups corn and 1 $\frac{1}{2}$ cups potatoes. Copied from "Milk Dishes."

—Miss Laura C. Pepper,
Consumer Service Section,
Department of Agriculture
Ottawa, Ontario.

BAKED OMELET

6 eggs; 1 tsp. butter; 1 cup milk; 1 tsp. salt; 1 tsp. flour.

Melt butter, add flour; when smooth add milk; stir until thick and creamy. Remove from fire and cool. Separate eggs, beating yolks until light and whites are stiff. Fold in yolks into sauce and then whites. Put into baking dish. Bake in moderate oven 20 minutes. Serve immediately in same dish.

—Mrs. G. Day

CORN SOUFFLE

1 can corn; 1 tsp. butter; 2 tbsps. flour; 1 cup milk; 1 tsp. salt; pepper to taste; 2 eggs.

Melt butter, add flour and pour milk on gradually. Bring to boiling point. Add corn, seasonings, egg yolks and stiffly beaten egg whites. Bake about 30 minutes in moderate oven.

—Mrs. Claude Fitzgerald

CORN FRITTERS

1 can corn; 2 eggs (well beaten); salt and pepper; $\frac{1}{2}$ cup flour with 1 tsp. Acadia baking powder; 1 tsp. green pepper minced and a little chopped onion. Fry in butter until brown; if not thick enough add crumbs.

—Mrs. Andrew W. McCain

CORN SCALLOP

1 $\frac{1}{2}$ cups milk in double boiler. Mix $\frac{1}{2}$ cup melted butter with $\frac{1}{2}$ cup flour; add to hot milk. When thickened add 1 can corn, salt, 1 tsp. sugar. Blend well. Put in casserole with cracker crumbs on top, dotted with butter. Bake until browned a bit.

—Mrs. R. B. Hagerman

POTATOES AND CHEESE

AU GRATIN

4 tbsps. butter; 4 tbsps. flour; $\frac{1}{2}$ tsp. salt; 2 cups milk.
 $\frac{1}{2}$ cup grated cheese; 4 cups cooked potatoes (diced).
 $\frac{1}{2}$ tsp. salt; 1 tsp. butter; pepper; 1 cup soft crumbs.

Method: Make a cheese sauce by adding $\frac{1}{2}$ cup grated cheese to cream sauce just before removal from fire. Combine with cooked potatoes. Place in baking dish. Cover with buttered crumbs. Place in moderate oven. Reheat thoroughly and brown crumbs.

To make buttered crumbs. Melt butter and add seasoning. Add bread crumbs. Stir well with a fork to distribute butter.

—Mrs. E. B. Perley

—Mrs. Beecher McCain

BAKED EGGS

Break 6 eggs in greased casserole, add salt and pepper, then $\frac{1}{2}$ cup cream. Sprinkle with 1 cup cracker crumbs. Bake 30 minutes.

—Agnes McIntosh

ASPARAGUS SCALLOP

1 can asparagus; 3 hard boiled eggs. Slice eggs and mix with asparagus in baking dish, cover with white sauce; 1 tsp. butter; 1 tsp. flour; 1 cup milk. Bread crumbs on top.

Bake a few minutes in oven.
—Mildred F. Orser
—Mrs. G. F. Clark

STUFFED CABBAGE

Take one medium sized cabbage. Take leaves off, cut out heart, steam leaves until they roll without breaking, spread with the following mixture, then place a small piece of pork in kettle, put cabbage rolls on top; small amount of water. Cook until rice is done.

Mixture for Filling: 1 1/2 lb. hamburger; 1/2 cup uncooked rice; 1 onion.

—Mrs. Weldon Flemming

STUFFED POTATOES

Bake good sized potatoes. Cut in two and remove from shell. Put potato into a dish, add salt, pepper, a piece of butter and enough rich milk so when beaten with an egg beater they will be light and fluffy. A beaten egg may also be added if desired. After beating return to the half shells and sprinkle a dash of paprika on top. Lay side by side in a pan and put in oven until they are slightly browned. Serve piping hot.

—Berthe Boyer

CLAM CHOWDER

1 pt. fresh clams; 3 med. potatoes; 2 med. onions; 1 pt. milk; salt pork. Put 2 tbsps. finely diced salt pork in saucepan. Cook until light brown. Cut potatoes in slices. Dice onions. If clams are large cut them in half. Add to hot pork. Cover with boiling water and cook 1/2 of an hour. Add milk and rehear. Serve with crackers.

—Mrs. William Metcaren

MACARONI AND TOMATO SCALLOP

First cook 2 cups macaroni in boiling water with a pinch of salt. Butter scallop dish and put in a layer of macaroni and canned tomatoes. Dot with butter and rolled crackers. Pour over top 1/2 cup top milk. Put in oven and cook until thick.

—Mrs. A. A. Craig

CORN AND MACARONI SCALLOP

1/2 cup macaroni; 2 cups corn (canned); 2 tbsps. butter; 2 tbsps. flour; 1 1/2 cups milk; salt and pepper; buttered bread crumbs.

Cook macaroni in salted water until tender. Make sauce of flour, butter, milk and seasonings. Stir cooked macaroni and corn into sauce. Put in greased baking dish, cover with buttered crumbs and bake for thirty minutes.

—Mrs. C. D. Hendry
—Mrs. John Mitchell

SCALLOPED EGG AND POTATO

3 hard boiled eggs; 3 cups diced boiled potatoes; 1/2 cup cooked ham or bacon; 2 cups rich white sauce; 1/2 cup bread or cracker crumbs.

Slice eggs and place in a buttered baking dish with alternate layers of potatoes. Add the chopped meat to the sauce and pour over the eggs and potatoes. Cover with the crumbs dotting with butter and brown in a hot oven.

—Mrs. Clarence Perry

POTATO PUFF

2 cups mashed potatoes; 2 tbsps. melted butter. Beat to a cream; add 2 well beaten eggs and 1 cup cream or top milk; salt and pepper.

Pour into a deep greased dish and bake in a quick oven.

—Mrs. C. D. Hendry

ONION RINGS

Cut 2 or 3 onions in 1/2 inch slices. Divide slices in rings, dip in batter and fry in deep fat.

Batter: 1 cup flour; 1 1/2 tps. Acacia baking powder; 1 tsp. salt; 1 egg; 1/2 cup milk.

Sift dry ingredients together; add beaten egg and milk. Beat until smooth.

—Mrs. Walter Hoyt

CURRY AND RICE

Ingredients: 2 tbsps. curry powder (Madras); 2 tbsps. butter or lard; 2 cups meat, chopped coarsely (beef, lamb, chicken); 1 large onion; pepper; salt; a little desiccated or finely cut coconut; 1/2 cup raisins or sultanas.

Method: Have ready casserole or saucepan. Lightly fry onion in butter or lard. Take out onion and put in casserole. Then brown meat or chicken in fat; add to onion. Mix curry powder to stiff paste with vinegar. Fry this paste in fat that onion and meat have been fried in, till it is dry and crumbly. Add to meat, and onion. Add coconut and raisins and cover with cold water. Simmer not boil, for one hour.

Wash rice in cold water, drain. Have ready furiously boiling water and pour in rice. Do not stir. It will be tender in 10 minutes. Drain, and splash cold water over rice, which separates the grains. Put in oven to make and keep hot until the curried meat is ready for serving.

Place in a surrounding fashion around curry and serve hot with sauce.

—Mrs. B. F. Newroth

CHEESE FONDUE

1 lb. cheese grated; 1 pt. bread crumbs; 1 pt. milk; 1 egg; 1 tsp. salt; 1 tsp. mustard; 1 tsp. soda.

Bake for 1 hour in moderate oven.

—Mrs. Hedley Clark

BUCKWHEAT PANCAKES

1 cup buckwheat meal; 1 cup flour; 1 tsp. soda; 1 tsp. salt.

Sift all together. Add 4 cups buttermilk. Beat thoroughly and set in warm place several hours. Cook on hot griddle.

—Mrs. Hanford L. Shaw

OATMEAL BALLS

1 cup oatmeal; 1 small onion; 1 tbsps. parsley; 1/2 cup shredded suet; 1 egg; salt and pepper to taste.

Mix oatmeal, chopped onion, parsley, suet, salt and pepper and blend with beaten egg and a little cold water. Make into balls, flour well and put on a greased baking sheet. Bake in a moderate oven 1 hour.

These are delicious served with boiled fish.

—Mrs. W. B. Duffield

SAVORY RICE

1 cup rice washed and cooked in double boiler. When kernels are large and soft, empty into dish large enough to mix in, add 1 cup meat, beef or fowl, or any meat you like, chop up fine or put through chopper; chop up a small onion; 1 cup peas and string beans; add as much of the liquid as you think right, if you should have some good stock, add some; 1 cup chopped cooked carrot. Mix thoroughly, add seasoning to your own taste, then put into hot oven until it begins to cook, having potatoes cooked, cover the top of it at least 2 inches thick. Put a dash of paprika on top and brown slightly.

—Mrs. J. K. Flemming

TOMATO AND RICE

1/2 cup rice; 1 cup tomatoes; 1 tbsps. butter; 1 slice onion; 1 tsp. salt; 1 tsp. celery salt; 1 1/2 cups boiling water; 1 tsp. pepper.

Cook rice, onion and fat, stirring constantly until they are slightly brown. Add boiling water and cook until water is almost absorbed. Add the tomatoes and seasoning and heat the mixture until it boils. Cover and place in a large kettle of boiling water.

—Ruby I. Gans

RISOTTO

1 cup rice; 2 tbsps. butter; 1 minced onion; 1 cup tomato pulp; 1 1/2 tps. salt; paprika; 2 1/2 cups liquid stock or water; 1/2 cup grated cheese.

Put rice over fire with plenty cold water, let boil 5 minutes, then drain and rinse. Melt butter in saucepan, add onion and rice, let cook until butter is absorbed, then add tomato, salt, dash of paprika, and the liquid. Cook in double boiler until liquid is absorbed. Then add grated cheese, stirring it in carefully with a fork to avoid breaking the grains of rice. Serve very hot.

—Mrs. Sidney Turbill

CORN SCALLOP

2 cups canned corn; 1 cup milk; 1 cup cracker crumbs; 1 egg; 1 level tsp. flour; salt and pepper, and a piece of butter.

Mix flour in milk and add to corn; add beaten egg and about 1/2 cup of cracker crumbs; salt and pepper.

Put in baking dish and put rest of crumbs on top and dot with butter. Bake about 1 hour in fairly hot oven.

—Marion London

BAKED MACARONI

1 cup uncooked macaroni; 1 cup grated mild cheese; 1 cup soft bread crumbs; 2 tps. chopped green pickle; 3 tpsps. melted butter; 1 tbsps. chopped onion; 1 cup milk, scalded; 1 egg, well beaten; 1 tsp. salt; 1 tsp. pepper.

Cook macaroni in salt water until tender, drain and while still hot mix with remaining ingredients. Pour into a loaf pan and bake in oven in a dish of hot water. Serve with slices of tomato or tomato jelly.

—Mrs. Anderson

SCALLOPED CHEESE

Butter four slices of bread generously. Place one at a time in baking dish and sprinkle with pepper and salt and 1 lb. of grated cheese. Beat four eggs and 1 pint milk. Pour over bread and bake until it rises. Serve at once.

—Margaret Rideout

POTATO PUFF

Four or five large boiled potatoes. Mash; beat in a little milk, salt and pepper to taste. Add 1 well beaten egg and 1 tbsps. butter; whip to a cream and throw in spoonfuls into a well greased casserole. Bake until brown in a moderate oven.

—Mrs. E. B. MacLachry

Barbours Salads

LUNCHEON SALAD

1 pint crushed pineapple; 1 cup sugar; 1 lemon; Knox Gelatine (one envelope); 1 pkg. cream cheese; $\frac{1}{2}$ cup cream.

Method: Mix pineapple, sugar and lemon juice; cook slowly until it comes to a boil. Dissolve Gelatine in cold water and add to mixture.

When cool, fold in cheese and whipped cream. Pour in mould and let congeal.

Serve on lettuce with the following dressing. Mayonnaise with whipped cream. Chopped green peppers, celery and cucumber may be added.

—Mrs. D. M. MacBride

RUSSIAN OIL DRESSING

1 egg; 1 tbsp. mustard; 1 tsp. paprika; 1 tsp. salt; 2 cups mineral oil; 2 tbsps. vinegar or more.

Beat egg slightly. Mix dry ingredients. Add to egg. Add oil drop by drop and stir constantly until thick. Then add remainder of oil more quickly. Add vinegar to taste.

—Mrs. Gordon Spence

SALAD DRESSING

4 tbsps. flour; 4 tbsps. sugar; 2 tbsps. salt; 3 tbsps. mustard; 2 cups milk; butter size of two eggs; $1\frac{1}{2}$ cups vinegar; 4 eggs. Beat eggs, add all dry ingredients, then add milk and butter. Put in double boiler and cook. When butter begins to melt add vinegar and cook until thickened. Remove from stove and beat until creamy.

—Mrs. Weston Orser

MAYONNAISE

Put 1 cup vinegar on stove. Beat 1 egg well, add 1 cup sugar and 1 small tsp. mustard and beat well together.

Stir into the hot vinegar, beating well until it foams up. Let cool. Whip 1 cup (less will do) of heavy cream and beat into the cooled mixture.

—Mrs. Harry Birmingham
—Mrs. Hugh Emery

SALMON SALAD

Flake remnants of cold boiled salmon. Mix with French mayonnaise or cream dressing. Arrange on nests of lettuce leaves. Garnish with yolk of hard boiled egg forced through potato ricer and cut the white of egg in strips.

—Mrs. George McGoldrick

SALAD DRESSING

2 heaping tbsps. flour; 4 tbsps. sugar; $1\frac{1}{2}$ tbsps. mustard; 1 tsp. salt; 1 egg well beaten; 1 cup milk; 1 tbsp. butter.

Mix flour and sugar, mustard and salt to smooth paste with cold water. Have a cup of vinegar boiling. Add beaten egg and milk to the paste and pour hot vinegar over. Cook until thick. Beat well.

—Mrs. Harry Fisher

SALAD DRESSING

1 egg; $\frac{1}{2}$ cup sugar; 1 small tsp. salt; 1 heaping tbsp. flour; 1 tsp. mustard; shake of black pepper; pinch of red pepper. Mix into gradually while boiling $\frac{1}{2}$ cup vinegar; 1 cup water; butter size of egg. Cook in double boiler.

—Mrs. F. H. Lipsett

SALAD DRESSING

$\frac{1}{2}$ cup vinegar; $\frac{1}{2}$ cup water. Heat. Mix $\frac{1}{2}$ cup sugar; 2 tbsps. flour; 1 tsp. salt; 2 tbsps. mustard. Add to hot liquid. When thick add 2 egg yolks and cook a few minutes more. Thin with sour cream, whipped if preferred.

—Mrs. Ben Good

SALAD DRESSING

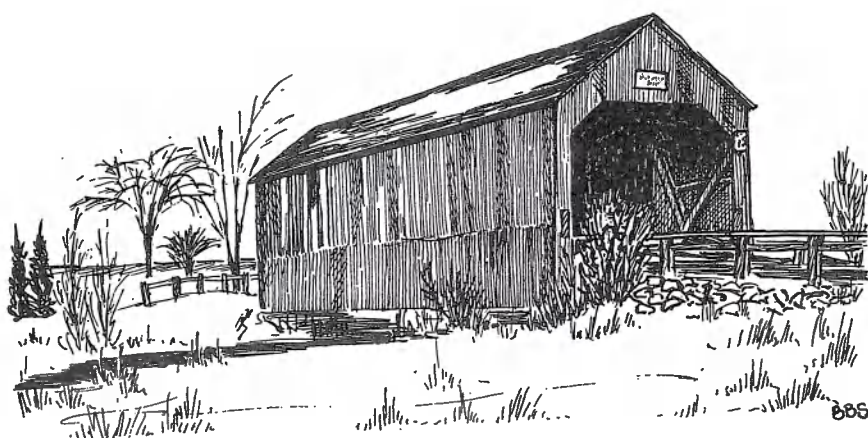
2 eggs; $\frac{1}{2}$ cup sugar; salt; 1 tbsp. mustard; 3 tbsps. flour; $\frac{1}{2}$ cup warm water; beat with egg-beater, add 1 cup vinegar. Cook in double boiler until thick, stirring constantly. Remove from fire, add dash turmeric for color. When cool, thin with sour cream (whipped).

—Mrs. Chas. E. Shaw

For a salad with old-fashioned tang . .

make your own salad dressing
with quick-to-prepare

Barbours SALAD DRESSING MIX



COVERED BRIDGE

Plumweseep, Kings County, N. B.

Just north of the Trans-Canada Highway. This covered bridge built in 1910 spans the Little Salmon River north of Sussex.

SALAD DRESSING

$\frac{1}{2}$ cup sugar; 2 eggs; 2 tbsps. flour; 1 tsp. mustard; 1 tsp. salt; 1 cup sour cream; $\frac{1}{2}$ cup vinegar; drop of butter coloring, pinch cayenne pepper.

—Mrs. Basil A. Lloyd

PERFECTION SALAD

2 tbsp. gelatine soaked in $\frac{1}{2}$ cup cold water; $\frac{1}{2}$ cup mild vinegar; 2 tbsps. lemon juice; 2 cups boiling water; 1 tsp. salt; $\frac{1}{2}$ cup sugar; 2 cups celery cut in $\frac{1}{2}$ -inch lengths; 1 cup finely shredded cabbage; 2 pimientos cut fine.

Add vinegar, lemon juice, boiling water, salt and sugar to soaked gelatine. Strain and chill. When mixture begins to set, add remaining ingredients. Mould. Cut in squares or other shapes and serve on a lettuce leaf with mayonnaise.

Any mixture of vegetables preferred may be substituted for the one suggested. Approximately 12 servings in the above.

—Marian Smith

FRENCH DRESSING

$\frac{1}{2}$ cup olive oil; $\frac{1}{2}$ cup vinegar; $\frac{1}{2}$ cup ketchup; $\frac{1}{2}$ cup lemon juice; 1 tbsp. grated onion; 1 tsp. salt; 1 tsp. paprika; $\frac{1}{2}$ cup sugar.

Shake well, do not freeze.

—Mrs. D. Claude Fitzgerald

YEAR ROUND SALAD

To 1 can of tomatoes add half an onion, salt, paprika and some celery salt. Cook for 15 minutes. Add 2 tbsps. vinegar; $\frac{1}{2}$ pkg. of gelatine (which has been soaking in cold water).

Stir until gelatine is dissolved, pour into moulds, chill. Serve on shredded lettuce or cabbage and serve with boiled dressing and a few walnut meats.

—Mrs. Murray Pierce

CRABMEAT SALAD BOWL

36 oz. or 44 oz. can crabmeat; 1 cup diced celery; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ tsp. French Dressing; 6 tbsps. mayonnaise; 1 med. sized head lettuce; 3 or 4 tomatoes.

Method: Drain crabmeat, flake lightly removing any hard fibre; add celery salt and French dressing. Mix lightly with fork. Line salad bowl with crisp lettuce, fill centre with crabmeat mixture. Garnish with tomatoes and cut in quarters. Fill mayonnaise in centre of crabmeat and sprinkle with paprika. Serves eight.

—Mrs. Robert Lyon

FRUIT SALAD

1 can of sliced pineapple; 1 large orange; 2 cups strawberries.

Dressing — Pineapple juice, salad oil, mint leaves.

Drain the slices of pineapple and dice them. Free the orange of skin and membrane and cut the pulp in small pieces. Put in a bowl with hulled strawberries and chill. To serve, rub the inside of sherbet glasses with crushed leaves of fresh mint. Fill with chilled fruits and add a dressing made of juice from pineapple to which salad oil has been added drop by drop.

—Mrs. Murray Pierce

SHRIMP or LOBSTER SALAD

1 head iceberg lettuce; 1 can No. 4 green peas; boiled potatoes (diced); 2 cans shrimp; mayonnaise.

Method: Cover dish with lettuce leaves, garnish lightly with mayonnaise, then layer of diced potatoes and green peas, layer of shrimp, garnish, repeat, then garnish with chopped lettuce mixed with mayonnaise

—Mrs. Wm. Briggs

NEW VEGETABLE SALAD

5 or 6 hot potatoes (thinly sliced); 3 tbsps. relish or chow-chow; 3 tbsps. French dressing or other; salt and pepper; $\frac{1}{2}$ cup diced cucumbers (firm sections); $\frac{1}{2}$ cup diced tomatoes; 1 tbsp. minced parsley or dill; 1 head lettuce.

Mix the potatoes, relish and dressing together. Season to taste with salt and pepper. Chill. Then add parsley, tomato and cucumber. Arrange in an attractive bowl lined with lettuce (some of which is chopped to put on top) and serve.

—Miss Agnes MacPhail Ex-M.P.

CABBAGE SALAD

1 cup chopped cabbage; 1 cup chopped celery; 1 cup chopped apples; $\frac{1}{2}$ cup chopped peanuts; 1 tomato or cucumber; boiled dressing.

Chop tomato fine and mix with other ingredients; serve with lettuce and sprinkle with chopped peanuts.

—Mrs. Arthur Acron

JELLIED TOMATO SALAD

Dissolve a package of lemon Jello in 1 cup hot water; add one can of tomato soup. Chill. When slightly thickened fold in $\frac{1}{2}$ cup cooked peas and $\frac{1}{2}$ cup diced celery.

—Mrs. Alton Cook

VEGETABLE SALAD

2 potatoes (medium size); 2 carrots; 1 turnip; 1 head cabbage; 3 tbsps. mayonnaise.

Boil the potatoes and slice when cold; grate the carrots and turnips; chop the cabbage. Mix the grated carrots and turnip and place on salad dish, place the chopped cabbage around and cover with sliced potatoes. Put dressing on top.

—Alice M. Webb

RAW CARROT SALAD

1 pkg. lemon jello; 1 can crushed pineapple; 6 large raw carrots, grated fine; 1 cup nut meats chopped fine.

Mix all ingredients together. Chill. Serve with mayonnaise and whipped cream.

—Mrs. Raymond McCain

POTATO SALAD DRESSING

1 cup sugar; 2 eggs; 1 cup vinegar; 1 tbsps. mustard; 2 tbsps. flour; 1 cup sweet milk.

Let vinegar boil. Add the rest. Salt.

—Mrs. B. C. Allen

GELATINE CHEESE SALAD

1 pkg. lemon flavored gelatine; 1 lb. cream cheese; 1 cup walnut meats; 1 small green pepper; 2 tbsps. mayonnaise; 1 tbsps. salt; a dash of paprika.

Dissolve gelatine according to directions on package. When cool beat in cream cheese, green pepper, chopped and the walnut meats. Then add the salt, mayonnaise and paprika.

Pour this mixture in individual moulds, let stand over night. When ready to serve turn on lettuce leaves and top with mayonnaise.

—Mrs. Fred Anderson

FRUIT SALAD

6 oranges; 6 bananas; 2 apples; 1 can sliced pineapple. Cut and prepare as for salad.

Dressing

1 cup sugar; 1 cup hot water; 3 eggs yolks; juice of 1 or 2 lemons.

Boil sugar and water, pour over beaten egg yolks, cook in double boiler stirring constantly until slightly thickened, cool, add lemon juice last. Thin with whipped cream.

N.B. This fruit may be added to a package of jello if desired, using whipped cream, no dressing.

—Mrs. Howard Thomas

TOMATO SALAD

1 can tomato juice (medium size); 1 tbsps. sugar; 1 cup water; dash of salt; paprika and pepper; 1 envelope gelatine; 1 onion (not too large).

Put tomato juice, sugar, salt, pepper and paprika in double boiler and allow to stand on stove until it comes to a boil. Dissolve gelatine in 1 cup water and when thoroughly dissolved add to hot tomato juice which has been removed from stove. When fairly cool, grate the onion into it. Put in moulds and allow to set in cool place until firm. A little celery cut up in this is good. Serve on lettuce leaves with mayonnaise.

—Mrs. James Stevenson

DUTCH CUCUMBER SALAD

Peel and slice 2 cucumbers and 1 small onion. Combine. Sprinkle with salt. Allow to stand in refrigerator 1 hour. Place in a cheesecloth to squeeze out the water. Put in a bowl. Add 2 tbsps. vinegar; 1 tbsps. pepper; 2 cups sour cream. Toss together lightly and serve. Serves five.

—Mrs. Afion Seeley

CABBAGE SALAD

3 cups shredded cabbage; salt; 1 drained pineapple.

Use any good mayonnaise dressing. The cabbage may be combined with 1 cup diced orange instead of the pineapple. When using orange have salad dressing very thick.

—Mrs. Carvell Cook

FRUIT SALAD

1 small can pineapple; 2 oranges; 2 apples; 12 marshmallows.

Heat pineapple juice; 1 beaten egg yolk; 1 tsp. flour; 1 cup sugar; salt.

Stir well, cook till thick, cool. Fold in 1 cup whipped cream. Add to fruit, sprinkle nuts over top.

—Mrs. Augustus Upton

COTTAGE CHEESE

2 qts. sour milk (thick). Heat hot but not to boiling point (slow heat). When the curd and whey separate, put in a cheesecloth bag, drain and squeeze out all the whey, add salt, a dash of pepper, 1 cup of raisins cut fine, a few nut meats if desired, 3 tbsps. cream or top milk, make into pats, serve with any good mayonnaise.

W. L.

Meats

MEAT LOAF

1 1/2 lbs. hamburger; 1 lb. fresh pork (ground together); 1 good full cup dry bread crumbs; 1 onion; 2 eggs; 1 tbsps. poultry dressing; 1 tsp. salt; 1 1/2 cups milk.

Put in deep pan, bake 1 1/2 hours. Take cover off last half hour and pour can of tomato soup on top and leave uncovered.

—Mrs. Murray Nicholson
—Mrs. Chas. E. Shaw

HAMBURGER CASSEROLE

Brown 1/2 lb. ground round steak in frying pan; add 1 1/2 cups tomatoes; 1 cup chopped onions; 1 tsp. Worcestershire sauce; salt; pepper and simmer well.

In baking dish place layer of green peas and layer of meat sauce until dish is nearly full. Sprinkle with soft buttered bread crumbs and bake in a very hot oven for 20 minutes. Serves four.

—Mrs. Wallace Nevers

RUSSIAN MEAT LOAF

1 lb. hamburger; 3 medium sized onions; 1 cup rice; 1 No. 2 size can of peas with the juice; 1 can tomato soup.

Fry onions in frying pan until soft. Remove from the pan and then brown the hamburger, cutting it into small pieces with a fork. Cook the rice until tender in boiling salted water.

Then place a layer of meat in a casserole dish, followed by a layer of the rice, and a layer of peas, and continue this way until the ingredients are used. Pour tomato soup over the top and bake in a moderate oven about 1 hour.

—Rowena Shaw

BEEF UPSIDE-DOWN PIE

1 1/2 cups flour; 3 tbsps. Acadia baking powder; 1 tsp. salt; 1 tsp. paprika; 1 tsp. pepper; 2 tbsps. shortening; 1 cup milk.

Sift dry ingredients. Cut in shortening. Add milk.

Cook 1/2 cup sliced onion in 2 tbsps. shortening. Add 1 can tomato soup; 1 tsp. salt; 1 lb. hamburger. Bring to boil. Spread first mixture on top and bake in hot oven 20 minutes. Remove from oven. Invert on warmed plate. Serve hot.

—Mrs. Fred Peters

FAMILY DISH

1 lb. hamburger steak and 1 medium sized onion, simmered together with a piece of butter, salt and pepper.

1 1/2 cups macaroni, cooked in slightly salted water. 1 26-oz. can tomatoes.

Place the above articles in alternate layers making steak the bottom one, in a well buttered casserole; cover well with cracker crumbs dotted with butter. Bake 45 to 50 minutes in oven 375° F.

—Mrs. Lawrence Hansen

CARAVAN CHICKEN DINNER

4 potatoes sliced; 3 carrots sliced; 2 onions sliced. Put into water from one can of peas, cook until tender. 1 can peas; 1 tsp. salt; 3 tbsps. flour; 3 tbsps. butter; 1 1/2 cups milk; 1 can tuna fish.

Melt butter, add flour and blend well. Add milk and cook until mixture thickens. Butter baking dish and pour 1/2 of white sauce and vegetables. Then add the tuna fish and remainder of white sauce. Cover with buttered bread crumbs and bake until crumbs are brown and sauce bubbles up around the edges. The baking may be omitted if desired.

—Della Currie

SHEPHERD'S PIE

1 1/2 cups ground roast or stewed beef; 2 cups mashed potatoes; 1 medium sized onion; gravy or milk.

Line a buttered baking dish with part of the potatoes, sprinkle chopped onion over this and cover with gravy or milk, season with salt and pepper, cover with remaining mashed potatoes and dot with bits of butter.

Bake in fairly hot oven until potatoes are browned and all is heated through.

—Mrs. Asa Bell

MEAT LOAF

3 lbs. chopped cold cooked meats in any proportions; 2 eggs; 1 tsp. salt; 1 tsp. pepper; 1 onion; 2 cups bread crumbs; 1 cup milk; 1 cup tomato catsup; 1 tsp. Worcestershire sauce.

Mix all the ingredients together thoroughly and shape into a loaf. Place in pan and bake 30 minutes in moderate oven.

—Mrs. Marjorie H. Dooley

BEEF LOAF

2 lbs. ground beef; 1 lb. ground pork or bacon; 2 cups canned tomatoes; 1 cup bread or cracker crumbs; 1 small onion; 1 tsp. chopped parsley; 1 tsp. pepper; 1 tsp. salt; 1 egg; 1 green pepper. Mix all ingredients well in a bowl and pack in a greased baking pan and bake at 400° F. for 45 minutes. Serve 6 to 8.

—Mrs. H. G. Noble

SUPPER DISH

4 cups flour; 1 tsp. salt; 5 tsps. Acadia baking powder; 4 tsps. shortening; about 2 cups milk; 1 lb. small frankfurters.

Sift flour, salt and baking powder. Work in shortening. Add milk to make soft dough. Roll 1/4 inch thick. Cut in small squares. Lay one frankfurter on each square. Roll up and fasten securely. Place in pan and bake in hot oven. These are still more appetizing if each frankfurter is brushed with prepared mustard and relish.

Time in baking 30 minutes at 400° F. Serve with tomato sauce.

—Lillie S. Wilson

MEAT AND VEGETABLE PIE

Pasty: 2 cups flour; 1 tsp. salt; 3 cup shortening; 6 to 8 tsps. water.

Filling: 1 1/2 lbs. ground steak; 2 tsps. butter; 1 cup chopped onions; 1 cup celery; 1 cup carrots; 1 cup peas; 1 1/2 tsps. salt; 1 tsp. pepper; 3 cups water; 1 tsp. uncooked cereal.

Method: Brown meat and onions in butter. Add vegetables and simmer for 25 min. Add uncooked cereal. Line shallow bake dish with pastry. Place filling inside. Cover with pastry and bake 12 to 15 min. Instead of pastry crust you may use rich biscuit dough. Roll out dough and cut out rounds and place on top of filling. Instead of ground steak, left over beef cut fine may be used. Celery may be omitted if desired.

—Helen D. Newman

CALIFORNIA CHICKEN PIE

1 can tuna fish; 1 cup green peas; 2 carrots (diced); 2 potatoes (diced); 1 onion (medium, cut small); 1 cup milk; butter and flour for white sauce; salt; pepper.

Method: Boil vegetables together until tender. Make sauce and mix with tuna. Line baking dish with the pie crust. Make layers and cover with pie crust.

—Mrs. Donald S. McLennan

GOULASH

1 lb. hamburger steak; 1 cup macaroni; 1 can tomato soup; 1 small onion; 1 lb. bacon; season to taste.

Cook slowly hamburger and onions in small amount of water ten minutes. Cook macaroni in boiling water until tender. Combine hamburger and macaroni. Place in greased baking dish. Pour tomato soup over this mixture and lay strips of bacon on top. Bake in oven until brown.

—Mrs. Harry Downey

MEAT ROLL

1 lb. hamburger steak; 1 tsp. salt; pinch of pepper; 1/2 cup milk; 1/2 cup bread crumbs; 1 egg; milk enough to soak crumbs.

Mix all together. Pat into an oblong shape and put in a well greased pan. Place 3 slices of pork on top, add 1 cup water. Cook one hour in moderate oven. Remove meat loaf, put the pan on the stove, add 1/2 cup hot water to the liquid in the pan and thicken with flour for gravy.

—Mrs. Edward Martin

MEAT LOAF

1 1/2 lbs. chopped meat (or hamburger); 1 cup bread crumbs; 1 cup milk; butter the size of an egg; 1 tsp. salt; 1 tsp. pepper; 1 tsp. sage; 1 small onion chopped fine; 2 eggs.

Mix altogether, press firmly in pan, bake 1 hour.

—Mrs. E. A. Orser

BAKED PORK CHOPS

2 lbs. pork chops, trimmed; 1 pt. milk; salt and pepper.

Place chops flat in frying pan. Heat milk and pour over chops, add salt and pepper. Bake in moderate oven 1 to 1 1/2 hours in uncovered pan. Serve with apple sauce.

—Clara Day

CHICKEN PUFF

1 1/2 cups flour; 2 tsps. Acadia baking powder; 2 eggs; 1 cup milk; 1 cup chicken (cut fine); 2 tsps. scraped onion; 1 cup grated raw carrot; 2 tsps. melted butter; 1 1/2 cups chicken gravy; salt.

Sift together flour, baking powder, salt; add beaten egg yolks and milk. Add chicken, onion, carrot, butter, and mix well. Fold in beaten egg whites. Bake in greased baking dish in hot oven. Serve with hot chicken gravy.

—Mrs. Ralph Drake

"TOAD IN THE HOLE"

Place 6 cooked sausages in a pie dish over which pour the following: 1 cup flour; 1 tsp. Acadia baking powder; 1 egg; pepper and salt. Mix all together to the consistency of thick cream. Pour over sausages and bake in a quick oven 20 minutes.

—Mrs. Ethel T. Shaw

CREOLE MEAT LOAF

3 tsps. vegetable fat; 1 small onion, minced; 1/2 green pepper minced; 1 1/2 lbs. chopped raw beef; 1 tsp. salt; 1 tsp. pepper; 1/2 cup fresh bread crumbs; 1 cup milk; 1/2 cup tomato catsup.

Melt vegetable fat, put in onion and green pepper and fry 2 minutes. Add to the beef and season with salt and pepper. Soak bread crumbs in milk, add to meat and mix until ingredients are thoroughly blended. Form into a loaf and bake in a moderate oven 1 hour, basting the loaf every 15 minutes with the catsup diluted with an equal amount of hot water.

—Mrs. B. R. Paget

IRISH STEW

2 1/2 lbs. stew beef cut in inch squares; 1 pig's hock; 4 carrots; 4 slices turnip (small); 1 onion; 1 head small cabbage.

Cover meat with water, let cook slowly 2 hours; add vegetables, except potato; let cook one hour. Then add 6 small potatoes cut lengthwise. Cook until potatoes are done. Add dumplings. When cooked remove dumplings and thicken gravy of stew with a small amount of flour in water. Serve in deep plates, dumplings on top. Dumplings: 1 cup flour (more if desired); 1 tsp. Swans Down; 3 tsps. Acadia baking powder; 1/2 tsp. white sugar; 1 tsp. salt. Mix with enough milk and water to make a stiff batter.

—Mrs. Weldon Flemming

SCALLOPED HAM AND POTATOES

1 slice ham, 2 inches thick; 2 cups thinly sliced potatoes; 1 cup boiling water; 1 cup Nestle's evaporated milk.

Remove outside edge of fat from ham. Cut fat in small pieces and put in bottom of casserole. Brown ham on both sides in frying pan. Lay ham on fat, then pile potatoes on top. Add water and bake in a hot oven 20 minutes. Reduce heat to slow oven. Add milk and continue cooking until potatoes are tender.

—Mrs. Ralph Campbell

MEAT DISH

1 large onion; 1/2 cup macaroni; 1 lb. hamburger steak; 1 large can tomatoes.

Fry the onion in pan and add steak and cook through. Add macaroni which has been cooked in boiling salt water for about 10 minutes. Add tomatoes and enough salt and pepper to season. The flavor of this can be improved by putting it in a baking dish and cooking in oven for 1/2 hour. This will serve 6.

—Cassie Bragdon

CHICKEN LOAF

Cut chicken in pieces and boil rather slowly, until meat falls from bones.

Remove bones and cut in small pieces or dice. You should have 4 cups of stock. Add slices of bread until the stock is well taken up. Salt to taste, stir well.

Add 4 well beaten eggs; 2 tsps. cooked celery; 2 tsps. green peppers; 2 tsps. butter.

If too soft, add more bread. Pack in pan, dust paprika over the top and bake 45 min. in moderate oven.

Celery and peppers may be omitted. This will fill a pan 6 x 9 1/2.

—Mrs. Claude Fitzgerald

STUFFED LIVER ROLL

1 1/2 lbs. thinly sliced calves liver; 4 cups soft bread crumbs; 1 1/2 cups drained crushed pineapple; 1 1/2 tsps. minced green peppers; 1/2 cup pineapple juice; 1 small onion minced; 1/2 tsp. each of salt and pepper.

Method: Scald liver with boiling water; dry with towel, sprinkle with salt and pepper. Combine crumbs, pineapple, green pepper, onion and pineapple juice, and spread on liver. Roll each one up and fasten with toothpick. Fry in hot fat until brown; add 2 cups boiling water and simmer until tender.

Serve with gravy made from liquid and dressing that remain in pan.

—Esther Vanwart

DUMPLINGS

To 1 cup of flour add 1 heaping tsp. of baking powder and a half tsp. of salt. Sift three times and add enough sweet milk to make a stiff dough, leaving a little flour not mixed in which to roll each spoonful of dough before dropping it on the top of the stew. After the dough is laid on top of the stew leave uncovered until the dumplings are twice as large in size, then cover until cooked.

—Mrs. James Jewett

SWISS STEAK

Take steak 1 inch thick, sear on both sides, pour small can of tomato soup over it. Sprinkle whole stuffed olives over the top. Bake until it can be cut with a fork. May have to add a small amount of water while baking.

—Mrs. H. J. Orser

FAMILY DISH

1 onion fried in butter; 2 lbs. hamburger steak cooked together; 3 cups cooked macaroni. Put in casserole in layers with meat and pour over this the following: 1 can tomato soup mixed with 1 cup milk; 4 tsp. soda; salt and pepper. Bake 25 minutes. This is a large recipe and can be halved.

—Mrs. W. P. Tedlie

HOTCH POTCH

6 large potatoes (peeled and quartered); 1 large onion; 1 1/2 lbs. pork (sliced); 1 tsp. sage; pepper and salt.

Lay the sliced pork in a deep flat baking sheet or roast pan. Cut onion up over the meat. Put in the potatoes and sprinkle seasoning on top. Fill pan half full of hot water and cook for one hour in moderate oven turning potatoes over so that they will be browned all over. When nearly done bring the meat to the top to be slightly browned. Serves 4.

—Mrs. C. R. Rideout

HAM LOAF

1 1/2 lbs. beef or veal; 1/2 lb. ham ground 2 eggs; 2 tbsps. sugar; 1 cup bread crumbs 1 1/2 cups hot water.

Pour boiling water over bread crumbs, add other ingredients. Steam 2 hours.

—Mrs. A. W. Wright

DEVILED TONGUE

Chop boiled beef tongue very fine; season well with black and red pepper and mustard; add enough vinegar to moisten. Press solid, chill and slice thin. This makes a very nice sandwich also.

—Kathleen Holt

MEAT LOAF

2 cups ground meat (put through food chopper); 2 cups soft bread crumbs; 1 egg; 1 can mushroom soup; season to taste.

Cook 25 min. in moderate oven. Fresh meat may be used. In that case cook 1 hour in slow oven.

—Winnifred MacNeil
—Mrs. Alex MacNeil

SPANISH TRIPE

1 1/2 lbs. fresh boiled tripe; 1 can tomatoes; 1 medium onion; 1/2 green pepper; 1 cup white cabbage; 1 tsp. salt; 1 tsp. pepper; 1 tsp. butter; 4 slices bacon.

Method. Cut tripe in very small pieces and put in a greased casserole. Chop onion and pepper fine and saute in butter, add to heated tomatoes, add seasoning and cabbage, pour over tripe. Cut the bacon in small pieces and lay on top. Bake in moderate oven (350° F.) for one hour.

To boil fresh tripe, cover with boiling water, add 1 tsp. salt and simmer until tender, about 1 hour.

—Mrs. J. R. Matheson

SWISS STEAK

3/4 tsp. salt; dash of pepper; 1 cup flour; 2 1/2 lbs. round steak 1 inch thick; 2 tbsps. fat; 1/2 onion; 1/2 green pepper, chopped fine; 1 1/2 cups water; 1/2 cup Heinz tomato ketchup.

Add the salt and pepper to the flour and pound into meat. Brown in a pan with fat; then add onion, green pepper, water and ketchup. Cover closely and simmer slowly until meat is tender, about 1 1/2 hours. This may be cooked in a casserole in the oven or in a skillet upon the top of stove. Garnish with broiled potatoes and tomatoes.

—Mrs. L. E. Hawkes

SEVEN COURSE DINNER

2 cups raw potatoes (diced); 1 cup rice (uncooked); 2 cups onions (sliced); 2 small or 1 large green pepper; 2 lbs. hamburger; salt and pepper; 1 can tomato soup; 1 med. can tomatoes; slices of bacon on top.

Method: Put in layers in greased casserole and cook covered in medium oven 3 hours—uncover to brown bacon.

—Marie McCain

BOO LOO GAI

1 young chicken; 1 tsp. Worcestershire; 1 can preserved pineapple; lard, salt and pepper.

Method: Cut chicken into pieces and fry in lard until cooked through, about 35 minutes. Add Worcestershire sauce, pineapple and cook slowly, 15 minutes longer. Remove chicken and pineapple to hot platter. Thicken gravy with 1 tsp. cornstarch or two tbsps. flour. Pour over chicken and serve with hot rice. Serves six.

—Mrs. F. A. Aiton

CORNNED BEEF SLICES

1 can corned beef; prepared mustard; 1 well-beaten egg; cracker crumbs.

Chill a can of corned beef; cut into slices about 1/4 inch thick. Spread both sides of each slice lightly with prepared mustard, dip in beaten egg and roll in cracker crumbs, then fry in butter or fat until evenly browned.

—Mrs. C. R. Fitzsimmons

BEEF LIVER

Cut about 1 lb. beef liver in strips. Cover with thinly sliced carrots (cut across) then cover with bacon strips. Put in a casserole and bake till tender in quite a slow oven.

—Allie McKinley

YORKSHIRE PUDDING

(To be served with roast beef)

1 cup flour; 1 cup milk; 2 eggs beaten separately until light and fluffy. Add to batter, salt and cook in dripping from roast for 20 minutes. Serve on platter around roast.

—Mrs. Earl Simpson

TAMALE PIE

Cook 2 cups yellow cornmeal in 6 cups boiling water 5 minutes. Cook 45 minutes in double boiler. Heat 2 tbsps. olive oil in frying pan. Add 1 onion sliced; 1 clove garlic and 2 sprays parsley. Cook until golden brown.

Add 2 lbs. round steak cut in small cubes. Stir and cook until brown. Add 2 cups sieved tomatoes and 2 tbsps. chili powder which has been mixed to a paste with a little cold water. Add 1/2 cup sliced ripe olives; 1/2 cup seedless raisins and 1 tsp. parsley. Cook all these together until meat is tender, adding a little boiling water if necessary.

Line a baking dish with 3/4 of the corn paste. Pour in the meat mixture. Cover with the rest of the corn paste. Pour 2 tbsps. melted butter over the top. Bake 1/2 of an hour.

—Dr. Catherine Beers

HAMBURG DISH

1 1/2 lbs. hamburger; 1/2 lb. pork (chopped); 1 cup rice—boil.

Put layer of rice, one of meat, alternately, using half each time, a little onion, salt and pepper, can of tomato soup.

Bake about 1 hour in good oven.

—Mrs. Harry King

DINNER IN ROLL

2 cups ground meat; 1/2 onion minced; 2 tbsps. chopped parsley; 1 tsp. melted butter; 1/2 tsp. salt; 1/2 tsp. pepper; 2 tbsps. water or tomato juice; biscuit dough.

Make a dough as for biscuits adding 1 cup mashed potatoes to the flour when mixing. Roll out. Spread with the meat filling. Roll up as for jelly roll. Bake in a very hot oven of 450° F. for 30 minutes if uncooked meat is used. (Left-over cooked meat could be used).

—Winnifred Macneil

SUPPER DISH

1/2 cup rice; 1 cup left-over meat, chopped; 1 can tomatoes; pepper, salt and sugar; a little onion. Add some water and bake in a casserole until rice is tender.

—Mrs. Avis Brewer

MEAT SCALLOP

2 lbs. round steak; 1/2 lb. salt pork; 1 cup finely cut celery; 1 large onion; 2 tbsps. flour; 1 cup hot water; 1 cup cooked spaghetti; 1 pt. stewed tomatoes; 2 cups cooked rice.

Cut steak in eight pieces for serving; dice pork; cook pork, celery and onion in frying pan until golden brown and put in a kettle. Sear steak quickly on both sides in frying pan and add hot water. Pour over meat and simmer 30 minutes. Just before serving add spaghetti and tomatoes. Pour over rice arranged on a platter, serving eight.

—Mrs. Arnold Crabbe

BAKED HAM WITH POTATOES

Temperature: 350° F. Time: 1 1/2-1 3/4 hours.

1 slice smoked ham, 1 1/2 in. thick; 1 tsp. prepared mustard; 4 cups thinly sliced potatoes; 1 cup thinly sliced onions; 3 tbsps. fat; 2 tbsps. flour; 1/2 tsp. salt; dash of pepper, paprika and cayenne; 3 cups milk.

Nick the edges of the ham and rub on both sides with the prepared mustard; place in a 2-quart oiled casserole. Peel and slice the potatoes; chill in cold water; peel and slice the onions. Melt the fat in a heavy saucepan; blend in the flour and seasonings; let bubble for 3 minutes. Slowly add the milk; cook and stir till smooth and thick.

Drain and dry the potatoes; fill the casserole with alternate layers of potatoes, onions and thin white sauce. Bake, covered, for 1 hour, remove the lid and finish baking and browning.

—Mrs. Harry King

FRIED CHICKEN

1 frying chicken; salt and pepper; $\frac{1}{4}$ cup olive oil; 4 or 5 small onions; 1 green pepper, chopped fine; 1 pimiento, chopped fine; 1 clove of garlic, minced; 1 cup canned tomatoes; 1 cup sliced mushrooms.

Cut chicken into pieces for serving. Season with salt and pepper and dredge lightly with flour. Heat olive oil in skillet. Brown chicken thoroughly on all sides, then add onions, green pepper, pimiento, garlic and canned tomatoes. Season with salt and pepper. Cover and simmer gently for an hour and a half. Then, add the sliced mushrooms and simmer thirty minutes longer. If you have some beef extract on hand, stir in one teaspoonful just before serving. This will enrich the sauce.

—Lydia G. Giberson, M.D.

SCALLOPED POTATOES AND BACON

6 cups thinly sliced, pared potatoes; $\frac{1}{4}$ lb. sliced bacon; $\frac{1}{4}$ cup bacon fat; 3 tbsps. minced onion; 3 tbsps. flour; 2 cups milk; $1\frac{1}{2}$ tbsps. salt; $\frac{1}{4}$ tsp. pepper; 2 cooked bacon strips.

Cook potatoes in boiling salted water 10 minutes. Drain. Meanwhile fry $\frac{1}{4}$ lb. bacon until crisp, reserving $\frac{1}{4}$ cup bacon fat. Drain on paper toweling. Crumble and arrange in alternate layers with po-

tatoes in a $1\frac{1}{2}$ qt. greased casserole, reserving 1 cup of potatoes for top. Cook onion in bacon fat until tender. Stir in flour, then milk, salt and pepper. Bake $1\frac{1}{2}$ hours.

—Hazel Swim
—Mrs. Donald McKenzie
—Mrs. Percy Field

SCRAMBLED EGGS AND BACON

8 slices bacon; $\frac{1}{4}$ seeded green pepper or pimiento; $1\frac{1}{2}$ cups corn; 2 eggs; $\frac{1}{4}$ tsp. salt; small chopped onion; small dash paprika.

Crisp bacon and when light golden brown remove to hot platter. In 4 tbsps. hot bacon fat cook green pepper and onion until tender but not brown. Stir in corn. Beat eggs lightly and season with pepper and salt and paprika. Add to corn mixture and cook gently until well scrambled.

—Mrs. Jack Painter

MOCK CHICKEN LOAF

2 cans or 1 large can of tuna fish; 1 can Campbell's chicken soup; 1 cup cracker or bread crumbs; 4 tbsps. tapoca.

Season with salt, pepper and poultry seasoning. Bake 1 hour.

—Miss Ethel Bell

Fish

BAKED SALMON WITH SAUSAGE

$\frac{1}{4}$ pound sausage; 2 tbsps. flour; $1\frac{1}{4}$ cupfuls liquid (liquid from salmon and enough milk to make up the cup); $\frac{1}{4}$ tsp. salt; $\frac{1}{4}$ tsp. paprika; 1 tsp. chopped parsley; 2 eggs, well beaten; 1 can salmon, flaked (approximately 2 cupfuls); juice of 1 lemon; $\frac{1}{4}$ cupful buttered crumbs.

Method: Cut up the sausage and fry until brown. Remove the meat and save to add later. Add the flour to the fat in the pan and mix until well blended. Add the liquid gradually, stirring until smooth and thick. Add seasonings, then pour the mixture over the well beaten eggs, stirring constantly. Put the flaked salmon in the bottom of a baking dish, sprinkle with the lemon juice and cover with the sausage meat. Pour the sauce over all and cover the top with the buttered crumbs. Bake in a moderate oven for about 45 minutes. Four to six servings.

—Wyonita Hayward

SALMON PUFF

3 cups mashed potatoes; $1\frac{1}{2}$ lb. can salmon (2 cups) or $1\frac{1}{2}$ cups any desired fish; 1 finely minced onion; 1 tsp. finely chopped celery; 2 eggs.

Mix the flaked fish and potatoes. Add onion and celery, then the beaten egg yolks, and fold in the beaten egg whites last. Place in a buttered casserole, dot with butter and bake in a moderate oven until brown. Serves six.

—Mrs. Roy McCluskey

SALMON LOAF

1 can salmon; $\frac{1}{4}$ cup cracker crumbs; $\frac{1}{4}$ cup milk; 1 egg beaten; salt and pepper; 2 tbsps. melted butter; use some of juice in can.

Grease pan and press mixture down with fork. Bake $\frac{1}{2}$ hour in moderate oven.

—Rhea V. Freeman
—Mrs. George Clark
—Mildred Schriver

PEA AND FISH PIE

1 lb. can salmon or 2 cups left-over fish; 1 can of peas or 2 cups fresh peas; 2 cups medium white sauce; 1 hard-boiled egg, sliced thinly; 1 tsp. lemon juice; pepper and salt to taste.

Place in alternate layers, sauce, fish, peas, lemon juice and seasonings. Top with pie crust or buttered bread crumbs. Bake in hot oven 20 minutes or until the crust is done and filling hot. Serves six.

—Mrs. Walter Hoyt

LOBSTER LOAF

1 can lobster (6 oz.); 1 cup soft bread crumbs; 1 can corn; 2 eggs slightly beaten; $\frac{1}{4}$ cup milk; 1 tsp. grated onion; 2 tbsps. chopped pickles; salt and pepper to taste.

Dice lobster and combine well with bread crumbs and corn. Beat eggs slightly, add the milk and combine with first mixture. Add onion, pickles and seasoning to taste. Turn into a greased loaf pan and bake in a moderate oven until firm. Serve hot. 8 servings.

This makes a very tasty and beautiful dish when served garnished with green peas, ripe tomato and sliced lemon.

—Mrs. M. L. Hayward

COD FISH PIE

6 or 8 potatoes boiled and put through ricer; 2 beaten egg yolks; 2 tbsps. butter; $\frac{1}{4}$ cup warm milk; salt.

Mix all well together and beat until creamy. Line a deep pyrex dish with part of this mixture. Fill with creamed codfish (or any other white fish). Then cover with the rest of the potato mixture and bake 20 minutes in a hot oven.

Creamed Codfish

Filling for the above: Melt 2 tbsps. butter and add 3 tbsps. flour. Stir until smooth. Then slowly add 2 cups half cream and half milk. Cook until smooth and thick. Add 2 cups of flaked cooked fish. Mix lightly. Season with salt and pepper and a little onion juice if liked.

—Madame J. B. Michaud



THE BEST COOKS ALWAYS USE
THE BEST.

BARBOUR'S

EXTRACTS & FLAVORS

LOOK FOR THE ATTRACTIVE
NEW BOTTLES.

SHRIMPS

2 hard-boiled eggs; 1 can shrimps; buttered toast; 2 cups white sauce; $\frac{1}{2}$ tsp. paprika; $\frac{1}{2}$ tsp. mace.

Shell the hard-cooked eggs. Wash the shrimps, remove the viscera and chop them rather coarsely. Meanwhile prepare the white sauce, seasoning it highly, adding paprika and mace. To the white sauce, add the hard-cooked egg sliced thinly and the chopped shrimps. Serve on rounds of buttered toast. Serves six.

—Ruby M. Clarke

SMOTHERED SALMON

1 can of salmon; 1 cup of rice; 1 tbsp. minced parsley; 1 cup thick white sauce. Mix salmon with the white sauce adding parsley and pepper.

Cook rice in salted water until tender and drain. Line a buttered oval mould with rice, packing it closely. Add salmon mixture and cover with more rice. Cover mould and steam 45 minutes. Tip out mould and serve with a border of green peas.

—Mrs. Jack Gregg

FISH CHOWDER

2 cups raw diced fish; 4 cups water; 3 tbsps. butter; 1 cup chopped celery; 2 cups raw diced or grated potatoes; 4 cups milk; $\frac{1}{2}$ cup minced onion; salt and pepper. Fry onion in melted butter, add fish, potatoes and celery, cook a few minutes, season well, add water and cook until tender. Then add cold milk and heat to the boiling point. Serve very hot.

Any kind of white-fleshed fish may be used.

—Mrs. Frank Hayden

FISH-A-LA-REINE

(A good supper dish)

2 cups canned fish (chicken haddies preferred); 1 cup milk; 1 large onion; 3 or 4 medium sized potatoes; salt and pepper to flavor.

Remove bones and flake fish. Spread one half the amount in a buttered baking dish. Cover with thin slices of raw onion and on this place a generous layer of thinly sliced raw potato. Sprinkle with salt and pepper and dredge well with flour. Repeat these three layers then pour in enough milk to show through top layer. Dot with butter and bake in a hot oven until potatoes are cooked.

—Mrs. Harold W. Bradley

SALMON SHORTCAKE

1 can salmon; 2 cups medium white sauce; 2 chopped hard-cooked eggs, salt, pepper. Add eggs to the sauce and just before serving add salmon coarsely flaked. Split biscuits and pour some mixture on bottom, cover and pour another spoonful on top. Serve at once with buttered peas.

—Mrs. John B. Gray

TUNA FISH and MUSHROOM LOAF

1 can tuna fish; 1 can condensed cream of mushroom soup; $\frac{1}{2}$ cup milk; $2\frac{1}{2}$ cups bread crumbs; 2 eggs, beaten; salt and pepper to season.

Put fish in strainer and pour boiling water over it. Flake fish. Soak crumbs in milk, combine and mix thoroughly with soup and beaten eggs.

—Mrs. H. W. London

DRESSED FILLETS OF HADDOCK

1 cup milk; $\frac{1}{2}$ cup flour; 1 tsp. mustard; 2 tbsps. butter; 2 cups grated cheese.

Prepare a white sauce with butter, flour, mustard and milk; add the grated cheese and season.

Wipe the fillets with a damp cloth, cut in individual pieces, cover each piece with cheese mixture. Place on a well buttered oven dish, and cook 20 minutes in moderate oven.

Fillets of any other kind of fish may be used instead of haddock.

—Isabel Sweet

SALMON LOAF

1 cup canned salmon; 1 cup bread crumbs; 1 cup scalded milk; 1 tsp. salt; 1 tsp. butter; 1 tsp. lemon juice; $\frac{1}{2}$ tsp. onion juice; 2 egg yolks.

Put in greased pan; beat 2 egg whites stiffly and put on top. Bake in moderate oven.

—Caribel Stoddard

SCALLOPED SALMON

Butter baking dish and cover the bottom with a layer of cold salmon flaked into small pieces. Over this arrange a layer of fine bread crumbs. Repeat until salmon is used.

Melt 2 tbsps. butter. Stir into 2 tbsps. flour, 1 pt. milk seasoned with salt and pepper. Cook until smooth. Pour over salmon and crumbs. Make the top layer of crumbs dotted with butter. Bake 30 minutes.

—Doris Owens

TUNA FISH HOT DISH

1 can of tuna fish cut in pieces; 3 cups of hot water, thicken with 2 heaping tbsps. flour; little salt and pepper; 1 cup peas or carrots; 1 cup cooked potatoes (diced).

Put in casserole, make a few cream of tartar biscuits, cut out small and put on top and bake. You may use chicken or veal.

—Mrs. Harry Thomas

FISH MOULD

(An excellent supper dish)

2 eggs; $\frac{1}{2}$ cup water; $\frac{1}{2}$ cup vinegar; 1 tsp. salt; $\frac{1}{2}$ tsp. celery seed; $\frac{1}{2}$ tsp. sugar; 1 envelope gelatine; $\frac{1}{2}$ cup cold water; 2 cups minced fish.

Beat the eggs, add the seasoning, vinegar and water and cook over boiling water until thickened. Dissolve the gelatine in water and add to the hot dressing. Add the fish. Place in individual cups or 1 large mould and let stand in cold place until firmly set. Serve on lettuce leaves with mayonnaise.

—Viola May

SALMON LOAF

3 or 4 medium sized potatoes, mashed and seasoned with salt and pepper and cream or milk.

Take bones out of a medium can of salmon. Put all together with the yolks of 2 eggs. Put in a greased casserole and bake for 20 minutes, or until brown.

This is nice served with potato puffs.

—Mrs. Gerald Trafford

—Mrs. E. B. MacLarty

FISH CHOWDER

Boil 2 thinly sliced potatoes and 1 thinly sliced onion in small quantity of water until tender.

Heat 4 cups milk in double boiler, add above mixture also 1 or more cups cooked fish, a little butter and seasonings.

Heat thoroughly, just before serving add $\frac{1}{2}$ cup fine cracker crumbs. Any left-over or canned fish may be used in same.

SALMON SCALLOP

1 can salmon; 2 cups white sauce; 1 or 2 eggs beaten well; 1 cup cracker or bread crumbs.

Sauce: Make sauce of 2 cups sweet milk; $1\frac{1}{2}$ tbsps. flour; small piece of butter; pepper and salt.

Mix in eggs, salmon and crumbs and put in oven until it sets. Put dish in pan of hot water.

—Mrs. Frank Jewett

—E. D. Wiley

SALMON IN BAKED POTATO SHELLS

1 lb. salmon (canned); 8 medium sized potatoes; $\frac{1}{2}$ cup milk; 1 onion chopped; 1 cup bread crumbs; 2 tbsps. butter.

Bake the potatoes, slice off tops and scoop out the potatoes, mash and add milk, onion (simmered tender in butter, salt and pepper); add salmon and seasoning. Put this mixture back in the empty shells, cover with crumbs and dot with butter. Brown in hot oven 25 minutes. Six or eight persons.

—Mrs. R. E. Lees

SALMON AND TOMATO SCALLOP

1 lb. tin salmon; 1 tin tomato soup; potatoes; onion.

Flake and place a layer of salmon in baking dish. Add a layer of sliced onion and a layer of diced potato (cooked or raw). Sprinkle with salt and pepper. Continue this until baking dish is filled, ending with a layer of salmon. Pour over this a can of tomato soup (more if desired) and dot with butter. Sprinkle with cracker crumbs, and bake in moderate oven.

—Mrs. George E. Levy

BROILED SALMON

Bone and clean a salmon, preferably a grilse, lay on wire toaster and broil over hot coals until tender when tested with a fork. Place on platter, skin and pour hot melted butter over it. Season and serve at once. This may also be done in broiler of electric stove.

—Mrs. K. C. Irving



Barbours SPICES

COLOUR CODED
FOR EASIER SELECTION

Jams and Marmalades

RHUBARB CONSERVE

4 lbs. rhubarb; 5 lbs. sugar; 1 lemon; 1 lb. seeded raisins; 2 oranges.
Wash and peel stalks of rhubarb and cut in one-inch pieces. Put in kettle, sprinkle with sugar, and add raisins and grated rind and juice of oranges and lemon. Mix, cover, and let stand one-half hour. Place on range, bring to boiling point, and let simmer forty-five minutes, stirring almost constantly. Fill jelly glasses with mixture, cool and seal.

—Alma E. Weldon
Superintendent, N. B. W. I.

PEACH MARASCHINO MARMALADE

5 lbs. peaches; 3 lbs. sugar (6½ cups); 1 small bottle cherries and juice.
Peel and stone peaches, cut in small pieces, weigh. Place in kettle, add sugar and juice from cherries. Cook until peaches are tender but not discolored, add cherries which have been chopped fine. Bottle while hot.

—Mrs. Earl Hallett
—Killa London

APPLE BUTTER

4 lbs. tart apples (approx. 12 large apples); 1 cup water; 1 cup cider vinegar; brown sugar to measure; 2 tps. cinnamon; 1 tsp. cloves; ½ tsp. allspice; grated rind and juice of one lemon.

Wipe and quarter the apples—do not core. Combine the apples with the water and the vinegar. Simmer slowly till the apples are tender; press them through a sieve. To each cup of pulp add ½ cup brown sugar. Add the spices, lemon juice and rind. Cook slowly until thick enough to jar.

RHUBARB JAM

Wash 2 lbs. of rhubarb—do not peel, slice very thin. Take 3 cups fruit; 5 cups sugar; 1 can crushed pineapple.
Put all in a large kettle—bring to a full rolling boil and boil hard 3 minutes, stirring constantly. Remove from fire and add ½ bottle Certo. Seal.
If rhubarb is not red, a little red coloring may be added.

—Mrs. James Johnston

TOMATO MARMALADE

2 lbs. tomatoes; 2 lbs. sugar; juice and grated rind of one lemon.
Scald tomatoes, remove skin. Mix in sugar and boil for one hour, skimming and stirring occasionally. Add juice and rind. Boil half an hour or more until it forms a thick mass. This is delicious.

—Mrs. M. E. Flemming

TOMATO JAM

Peel 12 ripe tomatoes, boil together with 2½ cups white sugar for one hour. Then add 2 cups vinegar, 1 tsp. each of cinnamon, ground cloves and salt. Boil together until thick enough for jam. Delicious with cold meats.

—Della Tompkins

APPLE MARMALADE

3 oranges; 3 pts. water; 3 lbs. sugar; 1 pt. apples.
Chop oranges very fine, add water and sugar, then add apples which have been chopped very fine. Boil until it jells. Bottle while hot.

—Faye Coker

PEACH MARMALADE

14 peaches; 2 oranges; 1 small bottle red cherries.
Wash peaches and cut into small pieces, wash oranges, take out seeds, pour juice over peaches. Put remainder of oranges through fine chopper. Cut cherries up fine. One cup of sugar to one cup of fruit. Boil one hour or until desired thickness.

—Mrs. C. Theodore Cain
—Mrs. A. Y. Dickinson

ORANGE AND RHUBARB MARMALADE

3 medium sized oranges; extract juice, put rind through food chopper; add 4 cups water and let stand over night.
1½ lb. rhubarb cut quite fine; add 1 cup sugar; let stand over night.
In the morning cook each separately until tender then put together and add 7 cups sugar (heated). Cook until jellied or to 222° F.

—Mrs. B. M. Mills

MARMALADE

1 orange; 1 lemon, sliced; to each cup of fruit add 3 cups water. Let stand overnight. Then simmer until the fruit is tender, then measure and add 1 cup sugar to each cup fruit. Boil until it jells.

—C. A. S.

RHUBARB CONSERVE

3 pints rhubarb (cut fine); 2 oranges (rind, pulp and juice); ½ cup raisins (cut up); ½ lb. candied ginger; 8 cups sugar.
Cook 20 minutes. Add 1 cup chopped walnuts. Cook 5 minutes longer.

—Ola M. Everett

LEMON MARMALADE

Six lemons sliced very thin, and each pile of slices cut in quarters, cover with 10 cups of cold water and let stand 24 hours. Boil until the rind is perfectly tender, add 11 cups of sugar and simmer for twenty minutes or until the syrup jells.

—Mrs. B. H. Sanborn

PEAR MARMALADE

4 lbs. cut and peeled pears; 3 lbs. sugar. Boil until clear.
Add 2 oranges, juice and rind; 2 lemons (juice only) cook slowly; lastly add 1 bottle of cherries, juice and cherries cut in small pieces.

—Mrs. Donald McIsaac

PINEAPPLE and GRAPEFRUIT MARMALADE

Slice thinly and peel one pineapple; add 1 sliced lemon and 1 sliced grapefruit. Allow to stand in 3 pts. water overnight. Then bring to boiling point, boil gently 2½ hrs. Add 1½ cup of warmed sugar to each pint of mixture. Boil 20 minutes.

—Mrs. M. C. Irvine
I. O. D. E. Cook Book

HEAVENLY JAM

12 peaches; 9 pears; 6 apples; 3 oranges; 3 lemons; 6 lbs. sugar.
Slice peaches, pears and apples. Put oranges and lemons through grinder. Mix all ingredients. Boil until clear, bottle.
—Mrs. E. H. Coffey
I. O. D. E. Cook Book

MARMALADE

3 oranges; 4 apples; 2 lemons; 1 can pineapple.

Put through meat chopper; measure; combine equal parts of sugar, heat slowly to boiling point, boil for 20 minutes and bottle.

—Mabel Billings

QUINCE HONEY

5 or 6 quince; 5 lbs. sugar; 1 pt. boiling water.

Pare and grate the quince and add the boiling water. Cook for 12 minutes. Add sugar and stir until dissolved then cook for 15 minutes. When cold it should be the color and consistency of honey.

—Marcella E. Isnor

MARMALADE

2 lemons; 4 oranges; 1 grapefruit.

Take seeds out and black specks, then put through meat grinder. To every cup of pulp use 3 cups water. Let stand overnight. Boil until tender. Let stand over night. To every cup of pulp add 1 cup sugar. Boil again until it jells.

—Geneva Cronhite

ORANGE MARMALADE

3 oranges; 1 grapefruit; 2 lemons; granulated sugar; Lily White syrup; cold water.

Wipe fruit, pare the thin yellow skin and cut into shreds with scissors. Slice peeled fruit, rejecting all seeds, then measure pulp, juice and rind, place in saucepan and cover with 3 times as much cold water and let stand overnight. Next morning bring quickly to a boil and boil hard for 15 minutes, let stand another 24 hours and measure again. To each cup of cooked ingredients allow ½ cup white syrup and ¼ cup sugar. Bring syrup, sugar and fruit mixture quickly to boiling point and boil for an hour or until jellied shows a jelly. Cool slightly, fill sterilized glasses and cover with melted wax when perfectly cold.

—Mrs. John Young

Pickles and Relishes

MUSTARD PICKLES

1 qt. small onions; 1 qt. small cucumbers; 1 qt. green tomatoes; 1 qt. cauliflower.
Dressing: 1 small cup flour; 6 tbsps. mustard; 1 cup sugar; 1 tbsp. turmeric; 2 qts. vinegar.

Method: Prepare vegetables as for pickles, place in brine made of 1 pint salt to 4 qts. water and leave for 24 hrs. Drain well. Cook dressing, add vegetables, cook slowly until done, add 1 bottle of good commercial mustard pickles. Bottle and seal.

—Florenceville Cook Book

RELISH

2 lbs. ripe tomatoes; 2 onions; 2 apples; 2 lbs. sugar; 1 qt. vinegar; some mixed spices (in bag) to taste.

—Mrs. J. Himmenn

TOMATO RELISH

1 pk. green tomatoes; 6 large onions; 3 green peppers; 3 red (sweet) peppers; grind; sprinkle with 1 cup salt. Let stand overnight. Drain. 1 bunch celery, cut fine, add to vegetables. Simmer in weak vinegar for 20 minutes. Drain. Add 1 qt. hot vinegar with spice and sugar; 4 lbs. brown sugar; 2 tbsps. pickling spice in bag. 2 tbsps. mustard wet with vinegar. Simmer a while and bottle. Peppers and celery may be omitted.

—Mrs. B. C. Allen

BUSY WOMAN'S PICKLES

To every gallon of vinegar allow 1 cup salt; 1 cup sugar; and one cup of ground mustard. Mix the dry ingredients with a little vinegar and add to the rest. Stir well. No heating is necessary, just put your cucumbers in the prepared vinegar.

—Mrs. L. E. Crane

TOMATO RELISH

30 ripe tomatoes cut medium size; 6 pickling pears, cut medium size; 6 pickling peaches, cut medium size; 6 large onions cut fine; 1 quart white wine vinegar; 4 cups sugar; 2 tbsps. salt; 1 lb. whole spice in bag. Cook slowly 3 hours.

—Mrs. Leo Smith

CUCUMBER RELISH

2 pks. cucumbers; 4 lbs. onions; 1 cup salt; 2 qts. vinegar; 2 cups brown sugar; 4 oz. whole spices; 1 cup mustard; 1 cup flour; 1 lb. butter.

Peel and chop onions and cucumbers, sprinkle the salt over them and leave for 30 minutes. Drain. Tie spices in cheese cloth and boil with the vinegar and sugar. Add onions and cucumbers. Boil all together for 10 minutes. Make a paste of flour and mustard and stir it into the relish. Add butter and boil for 5 minutes. Stir well and bottle.

—Mrs. Todd Fisher

MUSTARD DUTCH PICKLES

15 large cucumbers, peeled and sliced; 6 or 8 large onions. Let stand overnight in salt water (2 qts. water, 1 cup salt).

Put on stove in morning and cook a while in salt brine. Drain and add the following: 6 tbsps. flour; 1 tbsp. mustard moistened with 1 cup vinegar; 1 tsp. salt; 1 tsp. turmeric; 4 cups sugar; 4 cups vinegar. Let come to a boil. Add cucumbers and onions, boil 5 minutes and seal.

—Mrs. Arthur Acton

LINDBERGH RELISH

Take 4 large carrots; 6 onions; 1 green pepper; 1 red pepper; 1 cabbage; 3 cups white sugar; 1 quart vinegar; 1 tbsp. mustard seed; 1 tsp. celery seed.

Grind the cabbage, carrots, onions and peppers all together (remove seeds from peppers); add 1 cup salt. Let this all stand for 3 hours, then drain through a jelly bag, then add the vinegar, sugar, celery seed, mustard seed. Let stand two hours, then bottle.

—Mrs. E. O. Adams

—Mrs. Rudd Craig

—Mrs. J. E. J. Patterson

CHUTNEY

12 green tomatoes, 8 large onions chopped; 2 cups raisins; 2 tbsps. salt; 4 cups brown sugar; 2 cups white sugar; 2 qts. vinegar; 4 tbsps. mustard seed; 24 apples chopped fine and put in last. Then boil until soft.

—Mrs. D. A. Gibson

CRABAPPLE RELISH

6 lbs. crabapples; 7 cups white sugar; 1 tsp. salt; 1 1/2 tbsps. ground cloves; 3 tbsps. cinnamon; 1 pt. vinegar.

Remove cores and put apples through mincer. Heat vinegar and sugar, then add other ingredients. Boil 50 minutes, stirring frequently.

—Mrs. Elsie Veysey Nicholson

LADY ASHBURNHAM PICKLES

Cut very fine as for relish; 6 large cucumbers, peeled and with seeds removed. Add 1 cup of salt and let stand overnight. Drain in morning and add: 1 qt. onions chopped fine; 1 pt. vinegar; 2 cups sugar; 3 tbsps. flour; 1 tsp. mustard; 1 tsp. turmeric; 1 tsp. mustard seed; 1 tsp. celery seed.

Cook one hour and bottle.

—Mrs. Gordon Lovely

COLD VINEGAR PICKLES

1 gallon vinegar; 4 cups brown sugar or sweetener; 1 cup fine salt; 1 lb. mixed spice; 1 lb. mustard; 1 tsp. turmeric powder. Stir all together.

Quarter cucumbers and onions; let stand in salt water overnight. In the morning drain the salt water off; pack in jars and cover with the vinegar mixture. Seal air-tight.

—Leona Sweet

GREEN TOMATO JAM

6 lbs. green tomatoes, sliced fine (small ones may be used); 4 lbs. white sugar; 3 oranges or lemons sliced fine.

Put all together and cook until it jells.

—Mrs. Sarah Clendenning

MUSTARD PICKLES

1 qt. carrots cooked until soft; 1 qt. cucumbers cut fine; 1 qt. tomatoes cut fine; 1 qt. onions cut fine; 1 qt. cauliflower cut fine.

Dressing: 1 cup mustard; 1 cup flour; 1 tsp. red pepper (scant); 2 tbsps. turmeric; 3 cups sugar. Mix smooth with 3 1/2 cups vinegar. Pour over pickles and cook.

—Mrs. Percy Guigie

DILL PICKLES

Wash and pack cucumbers in sterile jars. Put dill between layers and on top. Add 1 tsp. salt to each quart of cucumbers. Fill jar full of vinegar, finish filling with cool sterile water and seal.

—Mrs. L. Allan Macintosh

CORN RELISH

20 ears corn; 4 cups sugar; 1/2 to 1 cup salt; 1/2 cup flour; 20 onions; 2 green peppers (or 1 red and 1 green); 1 small cabbage; 2 oz. mustard (1/2 cup); 1 tsp. turmeric; 2 qts. vinegar.

Method: Cut off corn after it has been boiled 15 minutes, chop with cabbage, onions and peppers.

Pour over it 1 qt. vinegar and bring to boil.

Mix dry ingredients in other quart of vinegar and pour over all. Let boil 1 hour. Stir often. Bottle.

—V. B. Britton

COLD VINEGAR PICKLES

1 qt. vinegar; 2 cups brown sugar; 1 cup salt; 1/2 cup mustard.

Mix up cold and pour over the tiny cucumbers.

—Mrs. James C. Miller

RED AND GREEN TOMATO PICKLES

1 green pepper; 2 qts. green tomatoes; 1 red pepper; 2 qts. red tomatoes; 12 large onions; 1 cup salt; 5 cups brown sugar; 4 cups vinegar. Mixed spice in bag. Boil till clear.

—Mrs. B. J. Irving

—Mrs. Andy Long

BREAD AND BUTTER PICKLES

4 qts. cucumbers, sliced but not peeled, in salt water overnight; 4 large onions; 2 red peppers; 2 tbsps. salt; 2 tbsps. mustard seed; 4 cups sugar; vinegar to cover and cook. Seal air-tight.

—Mrs. Earl Pelkey

SWEDISH PICKLES

Cut cucumbers in small pieces, pack in jars.

Syrup: 2 pts. vinegar; 2 cups sugar; 1/2 cup fine salt; 1/2 cup mustard seed. Add the above to vinegar, bring to boil and pour over cucumbers in jars. Add 1 onion on top of cucumbers. Seal while hot.

—Ella Patterson

—Helen R. Annett

SPANISH PICKLES

1 qt. small cucumbers after being sliced thin. Cover with salt and water, let stand overnight. In the morning drain and add 1 large onion; 1 cup white sugar; 1 tsp. celery seed; 1 tsp. mustard seed; 1 tsp. turmeric; vinegar to cover. Let all come to a simmer and bottle.

—Mrs. Frank Bragdon

FLORENCEVILLE PICKLES

Slice 7 lbs. of cucumbers (the slices about $\frac{1}{4}$ inch thick). Cover with a cold brine made with 2 cups of salt and leave three days. Wash in clear water and let stand in clear water three days. Then, put on stove in clear water with a piece of alum the size of an egg in it. Simmer for three hours. Do not boil. Stir well. Drain well and pack in jars and cover with syrup made of the following: 3 lbs. brown sugar; 3 pts. vinegar; 1 oz. celery seed; 1 oz. cinnamon bud (be sure it is cinnamon, do not substitute anything else) 1 oz. whole allspice.

Boil this syrup 15 minutes and pour over the pickles. Do not seal tight. Jars may be used which have no covers. A cloth over the jar will serve the purpose.

—Mrs. G. O. Britton

—Mrs. Barry McKay
—Mrs. Wallace Matheson

BREAD AND BUTTER PICKLES

12 cucumbers; 3 or 4 onions; $\frac{1}{4}$ cup salt; 1 tsp. mustard seed; 1 tsp. celery seed; $\frac{1}{4}$ tsp. turmeric; $\frac{1}{4}$ tsp. mustard; vinegar to cover; sugar to taste.

Slice cucumbers and onions and sprinkle with salt; let stand 14 hours and drain. Cover with vinegar and sweeten to taste. Add seasoning and scald bottle and seal.

—Mrs. Roy Steeves

SWEET PICKLES

4 qts. cucumbers, cut; 1 qt. onions; 1 qt. cauliflower; 1 cup salt. Cover with hot water. Let stand three days.

Drain, save half of brine and add 2 tbsps. alum, 1 pt. vinegar. Scald liquid, pour over pickles. Drain next day. Heat 3 pts. vinegar; 3 lbs. brown sugar and 1 cinnamon stick; 2 heaping tbsps. mixed spice, 1 tsp. celery seed tied in cheese-cloth bag. Pour over pickles, let stand 2 days. Drain. Pack pickles in bottles. Heat liquid and pour over pickles and seal.

—Mrs. Arnold Brown

PICKLES

1 doz. cucumbers, sliced; 1 red pepper, chopped; 6 small onions, sliced.

Sprinkle over 1 tbsps. salt; 3 cups brown sugar; few whole cloves; 1 tbsps. mustard seed; enough vinegar to cover.

Simmer slowly until tender, do not boil.

Do not peel cucumbers.

—Anna Murphy

CUCUMBER RELISH

1 qt. onions; 1 qt. celery; 1 red pepper; 1 qt. ripe cucumbers.

Cut up in pieces. Put on stove and cook in 3 pts. vinegar and 3 lbs. sugar. Put in enough salt to taste good, then add 1 tsp. turmeric; 3 tbsps. mustard; 1 cup flour (small). Blend with cold vinegar and add to boiling pickles. Cook till they look clear.

—Mrs. D. H. Lamont

CRANBERRY AND ORANGE RELISH

4 cups bog cranberries; 2 oranges; 2 cups sugar.

Peel oranges, remove seeds. Put orange rind and cranberries through food chopper. Add sugar. Bottle and let stand for a few days before serving.

—Mrs. Murray Pierce
—Mrs. G. F. Clarke

CRANBERRY RELISH

1 pound cranberries; 4 tart red apples; 1 orange; 2 cups sugar.

Wash fruit, quarter and core but do not pare apples. Force through food chopper. Add sugar and stir until well mixed. Chill and serve. Color and flavor improve if allowed to stand several hours. Will keep indefinitely in cool place.

—Mrs. Claude Fitzgerald

ICICLE PICKLES

Cut cucumbers lengthwise. Cover with cold water and cracked ice for 3 hours, adding more ice as it melts. Drain thoroughly and pack in sealers, standing cucumbers upright. Insert a few onions and stalks of celery if desired, then cover with pickling syrup made as follows:

1 qt. light cider vinegar; 14 cups sugar (brown or white); $\frac{1}{4}$ cup salt; 1 tbsps. mustard seed.

Bring to a scald and pour on pickles. This makes enough syrup for 2 qt. sealers. Seal tight and do not use for 2 months.

—Mrs. Lee Cain

WINTER RELISH

8 green tomatoes; 1 head cabbage; 6 large onions; 2 or 3 red peppers from pickling spice. Cut fine.

Put vegetables through grinder. Put in preserving kettle and nearly cover with vinegar, boil 15 minutes and add 2 lbs. sugar; 2 tbsps. salt; 1 cup flour; 1 tsp. turmeric powder; 2 tbsps. mustard. Boil for 10 minutes and bottle.

—Mrs. Harold Cabbe

APPLE CHUTNEY

6 tomatoes; 4 onions; 12 sour apples; 2 tbsps. mustard; 2 tbsps. salt; 2 cups brown sugar; 1 cup raisins; 1 qt. cider vinegar; spices.

Chop everything fine or put through meat grinder. Cook slowly 2 hours.

—Mary E. Simonson

CRANBERRY AND HORSE RADISH RELISH

Put raw berries through the mincer to make 2 cups of mashed fruit. Add 2 cups sugar, let stand; 2 pkgs. lemon Jello; 2 cups boiling water; 2 cups cold water; $\frac{1}{4}$ cup minced celery; 2 tbsps. horse-radish; salt.

—Mrs. Muriel Fraser

PEPPER RELISH

10 green peppers; 10 red peppers; 18 onions; 1 tbsps. salt; 4 cups brown sugar; 1 qt. vinegar.

Chop peppers coarsely, removing seeds, pour on boiling water and let stand 5 minutes; drain; pour on more boiling water and let stand 10 minutes. Drain and add chopped onion.

Let vinegar, salt and sugar come to a boil and add green stuff. Cook 15 minutes after it has come to a good boil. Seal in glass jars.

—Mrs. Allison E. Reid

HOT DOG RELISH

$\frac{1}{4}$ pk. green tomatoes; 6 large ripe cucumbers; 15 large onions; 1 large cauliflower.

Put all through food chopper, let stand in a little salt overnight. In morning drain well. Then add 2 tbsps. turmeric; 4 tbsps. mustard; 1 tsp. celery seed; 1 tsp. curry powder; 2 tbsps. mustard seed; pinch black pepper; 3 pts. vinegar; 4 lbs. brown sugar.

Cook slowly 1 hour. Then bottle.

—Kathleen Field

MUSTARD PICKLES

2 cauliflowers cut up; 4 qts. cucumbers, measured after cutting; 2 qts. onions.

Add 1 cup salt, let stand 24 hours. Drain and chop quite fine. Nearly cover with vinegar and cook 20 minutes. Then add 4 cups white sugar and dressing made as follows: $\frac{1}{4}$ cup mustard; 1 cup flour; 1 tsp. pepper; 2 tbsps. turmeric powder, made smooth with vinegar.

Cook a little while after dressing is put on. This is a lovely recipe.

—Mrs. Jack Allan

TOMATO PICKLES

1 pk. green tomatoes; 1 cup salt; 2 lbs. brown sugar; $\frac{1}{4}$ lb. whole mustard; 2 tbsps. allspice; 2 tbsps. ginger; 6 large onions; 4 cups vinegar; 8 cups water; 2 tbsps. cinnamon; 2 tbsps. cloves; 1 tsp. cayenne.

Slice the tomatoes and onions; sprinkle the salt over them and let stand overnight; drain off in the morning and put in a porcelain kettle with the water and vinegar; let the mixture boil fifteen minutes. Drain off, cover with vinegar; add the other ingredients and boil fifteen minutes longer. If preferred the dark spices may be put in a bag.

—Mrs. M. Ellis

DUTCH SALAD

Chop: 1 qt. cucumbers; 1 qt. onions; 1 qt. green tomatoes; 2 heads celery; 1 small cabbage; 4 red peppers (remove seeds).

Scald in salt and water, using $\frac{1}{4}$ cup salt, 10 minutes. Drain. Dressing: 5 tbsps. mustard; 2 tbsps. turmeric; 3 cups sugar; 1 cup flour; 2 qts. vinegar.

Mix dry ingredients to a smooth paste with a little water and add to the vinegar. Cook until thick, then add chopped mixture and scald 10 or 15 minutes, stirring constantly. If vinegar is very sour, use $\frac{1}{4}$ qts. vinegar and 1 pt. water. Add more sugar if necessary.

—Mrs. C. B. Everett

MUSTARD PICKLES

1 pk. green tomatoes sliced; 6 onions sliced thin; 2 qts. vinegar; 1 lb. sugar; 1 tsp. turmeric; 2 tbsps. or less curry powder; 2 tbsps. cinnamon; 2 tbsps. allspice; 1 tsp. cloves; 2 tbsps. dry mustard.

Soak tomatoes and onions in strong salt and water solution overnight. Then drain well and scald in weak vinegar solution 15 minutes. Scald with 2 quarts full strength vinegar. Add other ingredients and simmer together slowly a few minutes. Then seal.

—Miss Marion Simms

RHUBARB RELISH

2 qts. rhubarb; 6 onions; 3 lbs. brown sugar; 1 qt. vinegar; 2 tbsps. cinnamon; 2 tbsps. allspice; 2 tbsps. salt; 2 tbsps. pepper. Method: Cook rhubarb, onions and vinegar for 20 minutes. Add sugar and spices and cook slowly for one hour.

—Mrs. M. E. Butler

—Mrs. Jas. Paul

SOUR DILL PICKLES

Quantities for 2 gal. pickles; 2 qts. water; 2 qts. vinegar; 8 level tbsps. fine salt. Boil together.

Wash and wipe 2 gal. small size pickles. Add pickles to the boiling solution, let cool, pack in air-tight sealers, putting several sprigs of dill in each bottle.

For sweet dill pickles add 1 level tsp. powdered saccharine to each gallon of liquid after it has cooled, adding saccharine to the hot liquid gives a bitter taste.

—Mrs. Philip Clark

BREAD AND BUTTER PICKLES

4 qts. cucumbers ripe or large; peel and grind; 6 large onions, peel and grind; 4 medium large red peppers, remove seeds and grind; 3 cups sugar; 3 cups vinegar; 3 tps. dry mustard; 2 tps. turmeric; 4 tps. mustard seed (in bag); 4 tps. salt.

Cook well. When nearly done add paste made of $\frac{1}{4}$ cup of flour and $\frac{1}{4}$ cup vinegar and cook a little longer.

—Mrs. C. W. Boyer, Sr.

DUTCH SALAD

1 large cabbage; 2 heads celery; 6 large onions; 2 qts. cucumbers; 1 qt. green tomatoes.

Method: Chop finely, sprinkle lightly with salt. Drain.

Dressing: 2 qts. vinegar; 2 cups sugar; 1 cup flour (large); 1 tsp. turmeric (large); 3 tbsps. mustard (large).

Method: Cook dressing, add vegetables, cook slowly until vegetables are tender. Seal well.

—Mrs. Andrew D. McCain

RELISH

30 ripe tomatoes; 6 peaches; 6 pears; 12 apples; 6 onions; 2 green peppers; 1 red pepper; 2 lbs. sugar; 2 tbsps. salt; 1 qt. vinegar.

Peel tomatoes, peaches, pears and onions. Cut all up in small pieces. Chop apples and peppers, add all other ingredients and two bags of pickling spice. Boil until vegetables and fruits are tender.

—Mrs. James Hovey

DILL PICKLES

1 qt. vinegar; 2 cups water; 1 cup salt (scant); alum size of nutmeg.

Let come to a boil. Let cool and then pour over cucumbers and dill that have been packed in air-tight jars.

—Mrs. Percy Field

RIPE TOMATO PICKLE

5 lbs. ripe tomatoes; 2 heads celery; 2 med. sized onions; 5 red or green peppers; 2 cups vinegar; $\frac{1}{4}$ cup salt; another 2 cups vinegar; 2 tps. all kinds of spices tied in bag; $\frac{1}{4}$ cup flour; $\frac{1}{4}$ cup mustard; 2 cups brown sugar; 1 tsp. curry powder; 1 tsp. turmeric; $\frac{1}{4}$ tsp. red pepper.

Mix flour, mustard, turmeric and curry powder in one cup of the vinegar. Cut the tomatoes in $\frac{1}{4}$ or $\frac{1}{2}$ sizes. Put peppers and onions through grinder. Cut celery fairly fine. Boil 20 minutes and bottle hot.

—Mrs. John Foren

SPRING RELISH

2 pts. cut rhubarb; 1 lb. onions; 1 can tomatoes; 2 cups brown sugar; 1 cup vinegar; $\frac{1}{4}$ pkg. pickling spice; salt to taste.

Cook slowly until thick.

—Mrs. Claude L. Manuel

CHILI SAUCE

1 large can tomatoes; 6 onions, small and sliced; 1 tsp. whole cloves; 1 tsp. cinnamon; 1 cup sugar; 1 cup vinegar; 1 tsp. salt.

Simmer $\frac{1}{2}$ hr., cool. Serve with cold meat.

—Mrs. Allen Peters

SLICED PICADILLY

$\frac{1}{4}$ bu. green tomatoes sliced; 1 cup salt; 6 onions, sliced; 6 peppers chopped fine; 2 tbsps. mustard; 1 oz. allspice; 1 oz. cloves; 1 tsp. salt; 3 lbs. brown sugar; vinegar.

Cut tomatoes, slice onions and put one cup of salt over it and leave overnight. Drain in morning and add the other ingredients, tying spices in a bag. Cover with vinegar and cook until tender.

—Mrs. John F. Scott

NINE DAY PICKLES

6 qt. basket gherkins or larger cucumbers cut; $\frac{3}{4}$ cup salt; 3 lbs. white sugar.

Syrup: $\frac{1}{4}$ gal. vinegar; 4 tbsps. dry mustard; 4 tbsps. salt; 4 tbsps. sugar; 3 tbsps. whole spice; alum (size of walnut).

Wash and drain cucumbers. Cover with boiling water and salt. Let stand overnight. Drain and dry. Boil ingredients in syrup, cool, pour over cucumbers in crock. Add 3 lbs. of sugar, small cup for the next nine days. Leave in crock. Keep in cool place, no need to seal air tight.

I. O. D. E. Cook Book

Beverages

SUMMER DRINK

2 ozs. citric acid; 1 oz. tartaric acid; 2 oz. Epsom salts; 7 lemons; 6 lbs. white sugar; 2 qts. water.

Method: Grate the rind of lemons. Add juice of lemons, acids, salts and water. Heat till ready to boil, then add sugar. Thoroughly dissolve, but do not boil.

Bottle when cool. Make in a aluminum or granite kettle.

Use 2 tbsps. to 1 glass iced water.

—Martion Spence

ORANGEADE

4 oranges; 3 lemons; 8 cups sugar; 8 cups boiling water; 1 oz. citric acid.

To the grated rind of oranges and lemons and lemon juice add acid which has been dissolved in water. When cool add juice of oranges and bottle.

—Mrs. B. E. Burpee

PRUNE-ADE

$\frac{1}{4}$ cup prune juice; 1 tsp. lemon juice; 2 tbsps. sugar; pinch of salt; 1 cup milk.

—Mrs. Austin Shaw

FRUIT PUNCH

6 oranges; 3 lemons; 1 can grapefruit juice; 1 bottle Welsh's grape juice; 1 tsp. of Paula.

Mix in order given, squeeze orange juice but slice lemons thin, and fill up with ice-water to make 24 gals. Batch may be doubled and will serve 50. Sugar may be used instead of Paula to suit the taste.

—Mrs. Carvell Cook

COCOA SUNDAE

1 egg white; 1 tsp. cocoa; 14 tbsps. honey; 1 cup milk.

Beat egg white stiff. Mix in the cocoa. Beat in honey, then the milk.

—Mrs. Austin Shaw

BETT WINE

Wash beets well. Cut fine, but do not peel. Boil until color has left beets. Remove beets from liquid and to each gal. of liquid add 1 lb. raisins and 24 lbs. white sugar. When lukewarm add one yeast cake and let stand 3 days in a warm place, stirring each morning. Bottle.

—Mrs. J. W. Melheron

DANDELION WINE

1 gal. dandelion blossoms; 1 gal. boiling water; 4 lbs. white sugar; 3 lemons (juice and rind); 3 oranges (juice and rind); $\frac{1}{4}$ cake Fleischman's yeast.

Method: Pour boiling water over the dandelion blossoms. Let sit on back of stove a few minutes to scald but do not boil. Remove from stove and allow to cool. Strain and squeeze blossoms well so as to get out all the juice. Add 3 lbs. of sugar and the oranges and lemons. Put on stove and let come to a boil. Remove from stove and let cool to lukewarm. Add the $\frac{1}{4}$ yeast cake which has been dissolved in a little warm water. Allow to set 3 days in a warm place. Strain again and add the other lb. of sugar. Let stand for 3 weeks in a warm place. Strain again and bottle.

—Betty Watson

TOMATO JUICE COCKTAIL

2 cups strained, canned or fresh tomatoes; 2 tps. finely chopped onions; 4 tps. finely chopped green pepper; 1 tsp. salt; 14 tps. Worcestershire sauce; pepper; 1 tsp. celery salt.

If fresh tomatoes are used, peel and press them through a potato ricer. Combine all ingredients, chill thoroughly and serve in cocktail glasses.

—Mrs. Allan King



Barbour's

PREPARED MUSTARD

EITHER REGULAR OR HOT

ADD ZEST TO YOUR MEAL

..... ADD Barbour's

Ices

STRAWBERRY ICE CREAM

1 box strawberries; 2 cups sugar or less; 1 tbsp. gelatine; 1 pint cream.

Method: Crush berries and sugar and heat. Put gelatine to soak in $\frac{1}{4}$ cup of cream. When berries reach boiling point, add to gelatine and strain. When cool add remaining cream and freeze.

—N. S. Cook Book

SHERBET

2 large oranges; 2 large lemons; add juice and grated rind with 3 cups white sugar and one pt. whipped cream. Mix this and add 1 qt. sweet cream and 1 qt. sweet milk and freeze.

—Mrs. George London

GRAPENUT ICE CREAM

4 eggs; salt; 1 cup sugar, or to taste; $1\frac{1}{2}$ cups milk; 2 tbsps. vanilla; 2 qts. cream; small cup grapes.

Mix well. Fill $\frac{1}{4}$ qt. freezer.

—Mrs. A. D. McCain

PINEAPPLE SHERBET

1 cup sugar; juice of 2 oranges and 1 lemon; 3 egg whites; 1 qt. cream; 1 pt. milk; 1 small can crushed pineapple.

Dissolve sugar in fruit juice and pineapple, then add beaten egg whites, cream and milk. Freeze in usual way.

—Hazel DeLong

GRAPE JUICE SHERBET

Soak 1 level tbsp. Knox gelatine in $\frac{1}{4}$ cup cold water. Boil 1 cup sugar and $1\frac{1}{2}$ cups water 10 minutes. Add gelatine. Cool, add 1 pt. grape juice, 4 tbsps. lemon juice, and freeze.

—W. I.

CUSTARD ICE CREAM

(Refrigerator)

$1\frac{1}{2}$ cups milk; 2 tbsps. flour; $\frac{1}{4}$ cup sugar; 2 egg yolks; 2 cups whipping cream; 2 egg whites; $1\frac{1}{2}$ tps. vanilla; $\frac{1}{4}$ tsp. salt.

Method: Mix flour and sugar thoroughly. Add cold milk and stir until a smooth paste. When thickened cook over hot water to mtn. Remove, pour over slightly beaten egg yolks. Return to range. Cook 2 min. Cool. Fold in stiffly beaten egg whites. Fold in whipped cream and vanilla, pour into tray and freeze. Stir two or three times while freezing.

—Mrs. Clinton Trafford

COFFEE MOUSSE

Take $2\frac{1}{2}$ tbsps. coffee and let steep in 1 pt. boiling milk. Soak 1 heaping tbsp. gelatine in 3 tbsps. water. Add this to the boiling coffee. When dissolved strain, put into boiler and add yolks of two eggs well beaten. Cook a few minutes stirring constantly. Sweeten and flavor with vanilla to taste. Let it get very cold.

Whip one pint of cream and add two egg whites beaten stiff and a pinch of salt. Add to above ingredients and beat well for a few minutes. Put into a dish which has been slightly greased. Let freeze.

—Mary E. Simonson

LEMON SHERBET

1 pt. milk; 1 cup sugar; juice of 1 lemon.

Dissolve sugar in lemon juice, add gradually to milk and freeze. If a richer sherbet is desired use $\frac{1}{2}$ cream to $\frac{3}{4}$ milk.

—Mrs. J. R. Kirkpatrick

SHERBET

Take the juice and a bit of the rind of 1 orange and 1 lemon, 3 cups of sugar, 1 cup milk. Mix fruit juices and sugar and add milk slowly, freeze to a mush, stir once and freeze again for a short time. Add 1 cup cream which has been whipped. Freeze. Add mashed bananas if desired.

COFFEE ICE CREAM

1 qt. cream; $1\frac{1}{2}$ cups milk; $\frac{1}{4}$ cup coffee; $1\frac{1}{2}$ cups sugar; salt; 2 eggs.

Method: Steep coffee in milk, remove grounds, add sugar, salt and eggs, beat well. Cook until thick, cool, add cream and freeze, vanilla if desired.

—Mrs. Claud McCain

PINEAPPLE SHERBET

$\frac{3}{4}$ cup pineapple juice (drained from crushed fruit); $\frac{1}{4}$ cup sugar; 1 tsp. lemon juice; 1 pt. cream; 1 tsp. grated lemon rind.

Mix all together, place in freezing tray, very cold for 1 hr. Remove to bowl, beat well until smooth mush, return to tray and freeze. Raise temperature before serving to soften slightly.

—Mrs. J. B. Sutherland

Candies

MOLASSES CANDY

$\frac{1}{4}$ cup molasses; $1\frac{1}{2}$ cups sugar; $\frac{1}{4}$ cup water; $1\frac{1}{2}$ tbsps. vinegar; $\frac{1}{4}$ cup melted butter; $\frac{1}{4}$ tsp. soda.

Cook molasses, sugar, water and vinegar in a heavy saucepan, stirring constantly. Boil until mixture is brittle when tried in cold water 256°F. Stir constantly during last part of cooking. When nearly done add butter and soda. Pour into greased pan. When cool enough to handle, grease fingers and pull until taff is light colored and porous. Cut in small pieces with scissors.

—Mrs. Howard Thomas

BUTTERSCOTCH TAFY

1 cup white sugar; $\frac{1}{4}$ cup butter; $\frac{1}{4}$ cup molasses; 4 tablespoons vinegar; 2 tablespoons hot water.

Mix ingredients well; put on to cook. Stir until ingredients are melted, cook until brittle in cold water. Pour on buttered plates, let cool and break.

—Mrs. Robert McCloskey

DIVINITY FUDGE

2 cups white sugar; $\frac{1}{4}$ cup corn syrup; $\frac{1}{4}$ cup hot water.

Cook until it will form a ball hard enough to crack in cold water. Pour slowly into 2 well beaten egg whites. Add nuts and vanilla. Beat until thick. Pour into buttered pan.

—Kathleen M. Palmer

POTATO FUDGE

1 small potato, cooked and mashed; add pulverized sugar until stiff enough to spread and cut; 1 cup coconut; vanilla; small piece chocolate melted and poured over top.

—Mrs. Arnold Canbabe

CREAMY FUDGE

1 cup white sugar; 1 cup brown sugar; $\frac{1}{4}$ cup corn syrup; $\frac{1}{4}$ cup milk; 4 tbsps. butter; $\frac{1}{4}$ tsp. salt; $\frac{1}{4}$ tsp. vanilla; $\frac{1}{4}$ cup chopped walnuts or shredded coconut.

Method: Combine sugar, corn syrup, milk, butter and salt. Mix in saucepan,

Cook slowly, stirring constantly until sugar is dissolved and the mixture begins to boil. Then cook more rapidly, stirring occasionally until a little of the mixture tested in cold water forms a hard ball (not brittle). Add vanilla and nuts and beat until creamy.

Maxine Simpson

FUDGE (GOOD)

1 cup white sugar; 1 cup brown sugar; $\frac{1}{4}$ cup milk; $\frac{1}{4}$ cup corn syrup; 2 squares unsweetened chocolate; nut meats; 1 tsp. vanilla.

Put all the ingredients into a pan except the nut meats and vanilla and cook until it forms a soft ball in water. Remove from stove, allow to set 20 minutes and beat until stiff, adding nut meats and vanilla. Pour on greased pan and cut in squares.

—Hazel McLellan

PEANUT BRITTLE

$1\frac{1}{2}$ cups white sugar; $\frac{1}{4}$ cup corn syrup; $\frac{1}{4}$ cup boiling water.

Stir until sugar is all dissolved. Cook until it forms a soft ball when dropped in cold water.

Remove from fire and stir in one cup of rolled peanuts sprinkled with salt; 1 tsp. butter.

Put back on stove and cook until it forms a hard ball in water.

Remove from stove, add scant tsp. soda in 1 tsp. water; 1 tsp. vanilla. Beat until it stops foaming and spread in pan.

—Mrs. Edmond Derrah

BROWN SUGAR FUDGE

2 cups brown sugar; 1 cup white sugar; $\frac{1}{4}$ cup corn syrup; $\frac{1}{4}$ cup sweet cream; $\frac{1}{4}$ cup oatmeal, (substitute for walnuts), (Corn syrup may be omitted. Use $\frac{3}{4}$ cup cream instead of $\frac{1}{4}$ cup cream).

Mix well. Boil until it forms a soft ball when dropped in cold water. Set pan in cold water until cool and thick. Beat until creamy, adding oatmeal and vanilla. Pour in pan and cut in squares.

—Mrs. Edward A. Simonds

CHOCOLATE FUDGE

2 cups sugar; 2 squares chocolate; $\frac{1}{4}$ tsp. cream of tartar; 2 tbsps. corn syrup; $\frac{1}{4}$ cup milk; vanilla; 1 tsp. butter; 1 cup walnut meats.

Cook until soft ball stage. Remove from stove, add butter. Do not stir until cold. Add vanilla and nut meats. Beat until thick. Pour in pans, cut in squares.

—Mrs. Carey R. Estey

POPCORN BALLS

Pop corn, any amount; 1 cup shelled peanuts to 1 lb. popped corn.

Mix together in pan.

Taffy: $\frac{1}{4}$ cup sugar; 1 cup molasses; butter size of walnut, cooked until it melts. Take off stove, add vanilla, pinch of soda; $\frac{1}{4}$ tsp. vinegar. Pour over popcorn and peanuts. Shape in balls.

—Mrs. Weldon Flemming

CHOCOLATE CREAM FILLING

1 cup milk; 1 sq. chocolate; $\frac{1}{4}$ cup white sugar; 2 tbsps. cornstarch; salt; 2 tbsps. cold milk; 1 egg; 1 tsp. butter; $\frac{1}{4}$ tsp. vanilla.

Method: Scald cup of milk, dissolving chocolate in same. Mix cornstarch, sugar, salt with 2 tbsps. cold milk, also well beaten egg, and add to scalded milk in double boiler. Cook and beat with dove egg beater, remove from heat, add butter and lastly vanilla.

—W. I.

DIVINITY FROSTING

1 cup brown sugar; 3 tbsps. water; 1 egg white; 1 tsp. vanilla.

Boil sugar and water until it threads. Add to beaten white slowly, beating well.

—Mrs. Thomas McCain

RAISIN FILLING

1 cup sour cream; 1 cup sugar (small); 1 egg; 1 tsp. flour; 1 cup raisins; $\frac{1}{4}$ cup nuts; 1 tsp. vanilla; salt.

Cook all together until thick.

—W. I.

Frostings and Fillings

SUBSTITUTES FOR FROSTING

1. Blanched almonds cut in pieces and sprinkled over cake batter before baking.
2. $\frac{1}{4}$ cup white sugar mixed with $\frac{1}{4}$ tsp. cinnamon sprinkled over batter.
3. $\frac{1}{4}$ cup white sugar dissolved in $\frac{1}{4}$ cup orange juice and poured on cake while hot.

—Putty Cook Book

CHOCOLATE ICING

2 tbsps. cocoa; 4 tbsps. liquid coffee; 1 tsp. melted butter; $\frac{1}{4}$ tsp. vanilla; frosting sugar to thicken. Nuts may be added after spreading.

—Miss Anna Estabrooks

CREAM FILLING

1 egg or 2 yolks; $\frac{1}{4}$ cup sugar; 1 tsp. cornstarch; 1 cup milk; 1 tsp. vanilla. Cook in double boiler until right consistency.

—Mrs. James Johnston

SUBSTITUTE FROSTING

2 eggs whites; 1 tsp. flavoring; $\frac{1}{4}$ cup condensed milk; $\frac{1}{4}$ lb. marshmallows. Beat egg whites, add milk slowly, beat well. Heat marshmallows until soft, add to first mixture, flavor, beat well.

—Putty Cook Book

MAPLE HONEY FROSTING

1 cup maple honey; 2 egg whites. Boil honey 10 minutes. Cool. Beat egg whites, add honey slowly. Beat constantly. Add $\frac{1}{4}$ tsp. vanilla, cool before spreading on cake.

—Miss Anna Estabrooks

FROSTING

1 $\frac{1}{4}$ cups white or brown sugar; 1 $\frac{1}{4}$ tbsps. corn syrup; 5 tbsps. cold water; vanilla; salt; $\frac{1}{4}$ tsp. Acadia baking powder; 2 egg whites.

Mix whites, sugar, water and corn syrup. Place in double boiler and beat until it piles. Remove, beat more, add baking powder and vanilla last.

—Mrs. A. D. McCain

DATE FILLING

$\frac{1}{4}$ lb. dates; 1 cup water; $\frac{1}{4}$ cup white or brown sugar; 1 tsp. lemon juice or orange juice.

Cook all ingredients except juice, add this last.

—W. I.

QUICK JELLY FROSTING

$\frac{1}{4}$ cup tart jelly; 1 egg white unbeaten; 2 tbsps. sugar; dash of salt.

Melt jelly in a bowl over hot water, add egg white, sugar and salt, beat with a rotary beater till mixture stands in peaks, which will take about 3 minutes. Remove from water and continue to beat until the mixture is cool enough to spread on cake. Garnish with dabs of jelly. This amount will ice top and sides of a layer cake, or one large loaf cake.

—Mrs. John Sibley

SEVEN MINUTE FROSTING

$\frac{1}{4}$ cup white sugar; $\frac{1}{4}$ cup brown sugar; 2 tbsps. cold water; white of one egg. Place all in top in double boiler and beat with egg beater until frosting stands up.

—W. I.

Helps and Hints

"Bread, white nor brown, Pies, squash nor mine Can take the place of helpful hints."

SALT

Odds and ends of interesting bits of information—

Cream will whip more readily if a pinch of salt is added.

When cooking apples a pinch of salt will make them more tender and add to the flavor.

For baking pancakes use a salt bag to rub the griddle instead of grease; very little smoke or odor.

Boil potatoes in salt water for ten minutes before baking in oven, they bake faster.

Cake icing will not sugar if you add a pinch of salt.

When cleaning piano keys, or ivory, use salt and lemon mixed.

Always wash green vegetables in salt water, any animal life will come to top. Hot salt brine is good for sinks and drains, does away with grease and disagreeable odors.

There are almost a hundred other suggestions for using salt in the daily grind.

—Mrs. George Black, Ex-M.P.

SURE CURE CROUP REMEDY

1 oz. oil of amber; 2 oz. goosegrease or sweet oil.

Bathe on throat. Instant relief for croup and stops strangling in whooping cough. Cover head in case of croup and fumes will cut phlegm immediately.

—Maude Ball

WALLPAPER CLEANSER

1 tsp. salt; 1 tsp. kerosene; 2 tbsps. vinegar; 2 tbsps. ammonia; $\frac{1}{4}$ cup warm water; 1 cup flour.

Cook thoroughly, stirring constantly and knead until smooth. Break off portion and use as a rubber eraser.

—Mrs. H. W. Perley

WALL CLEANER

2 cups flour; 1 cup boiling water; 4 tbsps. ammonia; 2 tbsps. kerosene; 2 tbsps. salt.

Cook until like putty, cool and knead. Keep in tightly covered can when not in use. Rub on wall or ceiling and fold in soiled part.

—Mrs. R. W. L. Barle

TO REMOVE STAINS

When tea is spilt on tablecloth, cover the stain at once with common salt, leave for a little while. When cloth is washed all stains will have disappeared.

WHEN FRYING FISH

Sprinkle fine salt in your frying pan before frying fish and it will not stick to the pan.

REGARDING SODA

If you have no sour milk, use as much Acadia baking powder as soda and you will get same results.

Miscellaneous

PREPARED MUSTARD

1 cup sugar; $\frac{1}{2}$ cup flour; 3 tbsps. mustard; 1 tsp. turmeric; 2 cups vinegar. Mix dry ingredients together, add vinegar and cook in double boiler until thick. Pour while hot in jars.

—Mrs. Burns Graham

SUGAR CURED PORK

(For 100 pounds)

Meat must be fresh, free from blood and not frozen.

$1\frac{1}{2}$ qts. No. 1 coarse salt; 1 qt. brown sugar; 2 oz. pepper; $1\frac{1}{2}$ oz. saltpetre. (3 level tbsps. saltpetre make 1 ounce).

Method: Mix salt, brown sugar, pepper and saltpetre together and rub meat until the mixture is all rubbed into meat. Place meat in barrel or jar. Rub again in seven days with the liquid that is in the container. Hang to drain for four days. Then smoke three days with corn cobs, maple or beech bark.

—Talmadge Foster

OYSTER STUFFING

1 loaf stale bread; 2 tbsps. salt; 1 pt. oysters; 1 tsp. lemon juice; $\frac{1}{2}$ tsp. nutmeg; $\frac{1}{2}$ tsp. pepper; 1 tsp. powdered sage (optional); 1 tbsps. minced onion (optional); 1 tbsps. minced parsley; $\frac{1}{2}$ cup butter; 1 egg; hot water; oyster liquor.

Cut bread in slices, butter, cube and toast lightly or crumb bread coarsely. Sprinkle with salt and pepper, sage, onions and parsley. Slowly add melted butter, tossing crumbs lightly with a fork to mix thoroughly. Add egg well beaten and mix lightly with fork. Pick over oysters and reserve liquor. Sprinkle oysters with lemon juice and nutmeg and add to prepared crumbs. Heat oyster liquor with $\frac{1}{2}$ cup water to boiling point and add to mixture. If stuffing is not now as moist as wanted for serving, add a few more tablespoons of hot water. Stuff cavity of turkey and sew up the opening. Be careful not to pack the stuffing in any bird firmly because it will expand during the roasting.

—Mrs. J. R. Matheson

SANDWICH SUGGESTIONS

1. Minced tongue, ham, chicken or beef with mayonnaise.
2. Grated soft Canadian cheese with Marshchino cherries.
3. Minced lobster with finely chopped olives and mayonnaise.
4. Chopped, hard-cooked eggs with minced bacon and mayonnaise.
5. Mashed bananas mixed with peanut butter.
6. Minced beef with finely chopped pickle and mayonnaise.
7. Grated soft Canadian cheese with crushed pineapple.
8. Minced canned or boiled salmon with mayonnaise.
9. Minced ham with chopped celery and mayonnaise.
10. Cranberry jelly, add peanut butter, beat well.

—Marie McCain

RICE GRIDDLE CAKES

1 cup cooked rice; salt; $\frac{1}{2}$ cup sugar; $1\frac{1}{2}$ cups skim milk; 2 tbsps. melted butter; 1 egg well beaten; $2\frac{1}{2}$ cups flour; 2 tbsps. Acadia baking powder. Beat well, fry on hot griddle, serve with butter and maple syrup.

—W. I.

CLAM AND TOMATO SOUP

1 pt. tomato juice; 1 pt. clam juice; 2 slices onion; pepper; salt; $\frac{1}{2}$ tsp. celery seed. Combine ingredients, boil for 10 minutes. Strain and serve.

—Bertha Lappage

QUICK VEGETABLE SOUP

1 tsp. sugar; 2 tbsps. butter; 1 tbsps. fine wheat cereal; $\frac{1}{2}$ cup minced celery; $\frac{1}{2}$ cup minced onion; 1 cup minced carrots; 1 qt. water; 3 bouillon cubes; 1 tsp. salt; pepper.

Melt sugar, add butter, cereal and vegetables and saute 2 minutes. Add water, bouillon cubes, seasonings and simmer until vegetables are tender.

—Mrs. A. D. McCain

DRY CURED BACON

1 cup fine salt; $\frac{1}{2}$ cup white sugar; 1 tsp. cayenne pepper; 1 tsp. black pepper. Mix all together, put in large salt shaker. Then put slab of bacon on wax paper on a wide board or table, sprinkle mixture above all over one side, leave for 24 hours, then turn over and sprinkle the other side and leave for 24 hours. Continue this for a week and bacon will be ready to smoke. This is very easy and delicious when finished.

—Mrs. Carvell Cook

GREEN PEA PUREE

2 cups green peas; $1\frac{1}{2}$ cups boiling water; 1 tsp. white sugar; 2 tbsps. butter; 2 tbsps. flour; 1 tsp. salt; $\frac{1}{2}$ tsp. white pepper; 2 cups milk.

Method: Cook peas in boiling water until soft (or use canned peas); press through sieve (there should be 2 cups of pulp and liquid). Blend flour with butter; add sugar and seasonings; add milk gradually and cook until thick, stirring constantly; then add pulp and liquid. Reheat and serve immediately.

—Mrs. Wm. G. Burnham

LAXATIVES

2 oz. senna leaves; $\frac{1}{2}$ lb. figs; $\frac{1}{2}$ lb. prunes (seeded).

Put all through meat grinder twice and mix thoroughly with $\frac{1}{2}$ cup molasses. Make in little balls and store in glass jars. Raisins can be used instead of prunes.

—W. I.

BREAD GRIDDLE CAKES

$1\frac{1}{2}$ cups fine bread crumbs; $1\frac{1}{2}$ cups milk; 2 eggs; $\frac{1}{2}$ cup flour; salt; 2 tbsps. melted butter; 4 tbsps. Acadia baking powder.

Method: Soak crumbs in milk, add remaining ingredients. Cook as griddle cakes, serve with butter and maple syrup.

—Mrs. W. P. Hagerman

MYSTERY SANDWICHES

3 hard-cooked eggs; $\frac{1}{2}$ lb. Canadian cheese; 1 small onion; 1 pimento; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ tsp. paprika; 1 can sardines.

Put all ingredients through meat grinder using fine knife. Mix thoroughly. Add seasoning. If not moist enough add oil. Let stand a few hours to improve flavor.

—Hilda M. Cluff

PEA SOUP

$\frac{1}{2}$ lb. split peas; 2 large tbsps. butter; 2 large tbsps. flour; salt to suit the taste, also pepper.

Soak peas overnight. Drain in the morning and cook with 2 qts. water, keeping it replenished so there will be 2 qts. liquid when cooked. Put peas through strainer. Work butter through flour and mix with water. Add to water peas have been cooked in also peas. Stir until cooked and add seasoning.

—Mrs. R. Smith

SUGAR CURED MEAT

$1\frac{1}{2}$ lbs. of salt; $\frac{1}{2}$ lb. brown sugar; 1 oz. of soda; 1 oz. of saltpetre; 10 qt. pail of water, boil, let cool and skim, pour over meat. Continue with the above mixture until meat is covered, then put a weight on to hold meat under the pickle.

—Mrs. Carvell Cook

ROLLED OATS BREAD

3 cups rolled oats; 1 tsp. salt; 1 yeast cake; 5 cups boiling water; 1 cup molasses; 1 tbsps. butter.

Scald rolled oats with boiling water, let cool; add other ingredients. Knead until stiff with white flour. Let rise and put in pans, rise again, and bake.

This recipe makes four loaves.

—Mrs. Edward Mosher

CHEESE SPREAD

3 eggs, beaten well; $\frac{1}{2}$ cup butter; 1 cup sugar; 2 tbsps. salt; 3 tbsps. mustard; $\frac{1}{2}$ cup vinegar; $\frac{1}{2}$ cup cream; $\frac{1}{2}$ lb. grated (old) cheese; 2 red and 2 green peppers (hot), remove seeds; 1 small can of pimento.

Put through the grinder. Cook 20 minutes, bottle and seal.

—Mrs. Alfred LaPage

THEROAT GARGLE

1 tbsps. salt; 1 dessert spoon soda; 1 tsp. sugar. Dissolve in 1 pint boiling water, cool and strain. When cold gargle every 10 minutes for first hour, then every hour until relieved.

—Alda A. Briggs

HOME MADE SOAP

16 qts. cold water; 6 lbs. grease; 2 cans Giller's Lye; $\frac{1}{2}$ lb. borax; $\frac{1}{2}$ lb. resin.

Boil all ingredients but resin 2 hours. Add resin, stir until dissolved. Pour in pan or tub to harden. Add 1 tbsps. citronella just before pouring.

—Mrs. J. B. Sutherland

SALMON SANDWICH PASTE

1 cup boiling water; 1 tsp. salt; $\frac{1}{2}$ tsp. pepper; $\frac{1}{2}$ tsp. paprika; 1 tbsp. butter; 2 tbsps. cornstarch; 1 cup flaked salmon; $\frac{1}{2}$ cup chopped pickles; 1 tsp. vinegar; $\frac{1}{2}$ cup salad dressing.

Put boiling water in top of double boiler. Mix dry ingredients to a paste with a little cold water. Stirring all the time, put over boiling water in lower half of boiler, let cook 5 minutes, add butter and other ingredients and blend. Cool and place in jar. This makes 2 cups. Cucumbers are the best.

—Mrs. John F. Scott

SANDWICH SPREAD

12 tomatoes (ripe) cook until soft; 3 large onions; 2 green peppers (sweet); 3 red peppers.

Grind onions and peppers. Then cook all together until soft, then add the following mixture.

1 $\frac{1}{2}$ cups of sugar; 1 cup flour; 2 tsp. mustard; 2 tsp. salt; 1 cup vinegar. Add to the above, cook until thick, low heat, then seal when hot. Will keep indefinitely. May be used alone for sandwich spread or 1 tablespoon added to scrambled eggs makes delicious sandwiches.

—Mrs. Carvell Cook

CANNING STRAWBERRIES OR RASPBERRIES

Pack fresh fruit in hot sterile jars; cover with the following syrup:

Boil 2 cups sugar, 1 cup water for 3 minutes. Seal air-tight.

Place several newspapers in tub, place sealers on same, cover with boiling water at least 3 inches over tops of jars. Cover tub with heavy blanket or coats and leave until all is cold. Do not pour boiling water directly over jars, add at the side of tub.

—Mrs. Norval Edgar

TIME TABLES FOR COOKING

Eggs, Coffee, Clams, Oysters	3 to 5 minutes boiling
Rice, Green Corn, Peas, Tomatoes, Asparagus, Hard-Boiled Eggs	15 to 20 minutes
Potatoes, Macaroni, Squash, Celery, Spinach, Sweetbreads	20 to 30 minutes
Young Beets, Carrots, Turnips, Onions, Parsnips, Cauliflower	30 to 60 minutes
String Beans, Shell Beans, Oyster Plant	45 to 60 minutes
Winter Vegetables, Oatmeal, Hominy, Chicken and Lamb	1 to 2 hours
Fowls, Turkey and Veal	2 to 3 hours
Corned Beef and Tongue	3 to 4 hours
Ham	4 to 5 hours
Halibut and Salmon in cubical form	15 minutes per pound
Cod, Haddock and Small Fish	6 minutes per pound
Blue Fish and Bass	10 minutes per pound

Broiling

Steak, 1 inch thick	4 minutes
Steak, 1 $\frac{1}{2}$ inches thick	6 minutes
Chickens	20 minutes
Chops broiled in paper	8 to 10 minutes

Frying

Small Fish, Croquettes and Fish Balls	1 minute
Fritters and Doughnuts	3 to 5 minutes
Slices of Fish, Breaded Chops	4 to 6 minutes



NEW!

BARBOUR'S

KITCHEN SPICE RACK

As you add more spices — add more racks.

The attractive wood-grain finish of these six bottle spice racks will add a decorative touch to a very practical idea.

Spice	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Allspice	CRANBERRY DISHES	FRUIT SALAD FRUIT COMPOTE	POT ROAST STEW HAMBURGER SAUSAGE BAKED HAM VEAL STUFFING	OYSTER STEW BOILED FISH	BEETS SPINACH YELLOW SQUASH TURNIPS SWEET POTATOES BAKED BEANS	CHILI SAUCE SPAGHETTI SAUCE BROWN SAUCES GRAVIES COTTAGE CHEESE	APPLE SAUCE TAPIOCA PUDDING SPICE & FRUIT CAKES MOLASSES COOKIES STEAMED PUDDING FRUIT PIES RAISIN PIE FRUIT PRESERVES
	ASPARAGUS SOUP TOMATO SOUP VEGETABLE SOUP	DRESSINGS	EGG CASSEROLES				
Cinnamon	GRAPEFRUIT SPICED BEVERAGES FRUIT PUNCHES APPLE BUTTER FRIED BANANAS	FRUIT SALAD FRUIT COMPOTE	PORK CHOPS HAM FRANKFURTERS BEEF STEW LAMB STEW	BOILED FISH GOOSE STUFFING	BEETS SPINACH YELLOW SQUASH TURNIPS TOMATOES SWEET POTATOES BAKED BEANS	CHILI SAUCE CRANBERRY SAUCE MEAT SAUCES SPAGHETTI SAUCE WINE SAUCE PREPARED MUSTARD TOMATO KETCHUP HONEY	BAKED APPLES BLUEBERRY PIE SPICED PEACHES MINCEMEAT CUSTARDS PUDDINGS RICE DISHES ICE CREAM MUFFINS COOKIES BREADS, BUNS
	TOMATO SOUP	TOPPINGS					
Cloves	SPICED BEVERAGES CRANBERRY JUICE	FRUIT SALAD	HAM ROAST PORK MEAT LOAF SAUSAGES STEW	BAKED FISH ROAST CHICKEN CHICKEN CROQUETTES CHICKEN SPREAD DEVILLED CHICKEN	BEETS SQUASH SWEET POTATOES TURNIP BAKED BEANS	GRAVIES CHILI SAUCE WORCESTER- SHIRE SAUCE PREPARED MUSTARD	APPLE SAUCE FRUIT PIES MINCEMEAT CUSTARDS PUDDINGS OATMEAL COOKIES MOLASSES COOKIES BROWN BREAD SPICED MUFFINS SPICE CAKES
	BEAN SOUP BEEF SOUP TOMATO SOUP		SCRAMBLED EGGS CREAMED EGGS				

Spice	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Ginger	BROILED GRAPEFRUIT	FRUIT SALAD PEAR SALAD	BROILED BEEF LAMB MEAT STEWS POT ROAST VEAL STEAK	ROAST CHICKEN BAKED CHICKEN SAUTEED CHICKEN SQUAB	BEETS GLAZED CARROTS SQUASH ONIONS BAKED BEANS	COCKTAIL SAUCE CHILI SAUCE MEAT SAUCES WINE SAUCE CHUTNEY MARMALADE CHEESE DISHES MACARONI & CHEESE	PUMPKIN PIE STEWED FRUITS PRESERVED FRUITS RICE PUDDING
	BEAN SOUP ONION SOUP POTATO SOUP						CAKES, COOKIES GINGERBREAD
Mace	TOMATO JUICE CHICKEN SPREAD	FRUIT SALAD SWEET SALAD DRESSING	LAMB CHOPS VEAL SAUSAGE	SCALLOPED FISH FISH STEW CREAMED CHICKEN	CARROTS SPINACH SUCCOUTASH SWISS CHARD CREAMED VEGETABLES BAKED BEANS	CHICKEN A LA KING CREOLE SAUCE FISH SAUCES WELSH RAREBIT	APRICOTS CHERRY PIE BAKED APPLES COTTAGE PUDDING WHIPPED CREAM SHORT CAKES POUND CAKES
	CREAM CHICKEN SOUP OYSTER STEW						
Nutmeg	EGG NOG CHOPPED OYSTERS FRIED BANANAS	SWET SALAD DRESSING	BOLOGNA SAUSAGE FRANKFURTERS MEAT BALLS MEAT LOAF SALISBURY STEAK VEAL LOAF MEAT PIE	CRAE MEAT FISH CROQUETTES CHICKEN DISHES	CAULIFLOWER CABBAGE CARROTS SPINACH SQUASH SWEET POTATOES	CHEESE SAUCE MEAT SAUCES MUSHROOM SAUCE PREPARED MUSTARD CHEESE FONDUE	PUMPKIN PIE WHIPPED CREAM CUSTARDS VANILLA ICE CREAM FRUIT PUDDINGS BANANA CAKE DOUGHNUTS CAKES COOKIES
	CREAM OF CHICKEN SOUP CREAM MUSH- ROOM SOUP VEGETABLE BEEF SOUP						
Paprika	CANAPES CREAM CHEESE SPREAD STUFFED CELERY	DRESSING COLE SLAW MAYONNAISE	BOLOGNA HAM STEW HUNGARIAN GOULASH FRANKFURTERS	MOST SEAFOOD SHELL FISH MOST CHICKEN DISHES	CAULIFLOWER POTATOES CHILI CON CARNE	GRAVIES CREAM SAUCES PREPARED MUSTARD WELSH RAREBIT CHEESE DISHES	
	CHOWDERS CREAMED SOUPS		DEVILLED EGGS EGG DISHES				

Spice	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Pepper Black	DILL PICKLES	TOSSED GREEN SALADS SALAD DRESSING	MOST MEATS ALL EGGS	FISH DISHES ALL POULTRY POULTRY STUFFING	MOST VEGETABLES	BBQ SAUCE CHEESE DISHES	
Pepper White	CLEAR SOUPS CREAM SOUPS		POACHED EGGS	CLAM CHOWDER CHICKEN	MASHED POTATOES CREAMED WHITE VEGETABLES	WHITE OR CREAM SAUCES CHEESE DIPS	MELONS
Pepper Red or Cayenne	TOMATO JUICE VEGETABLE JUICE TOMATO KETCHUP PICKLING	TUNA FISH SALAD	STEWES SMOKED PORK SAUSAGE DEVILLED EGGS OMELETS SCRAMBLED EGGS	FISH: BAKED BOILED FRIED OYSTEW STEW CHICKEN	FRIED POTATOES CREAMED ONIONS CORN GREEN BEANS LIMA BEANS BAKED BEANS	DIPS SPREADS GORME SAUCES SEAFOOD SAUCES GRAVIES CHEESE SOUFFLES	
Crushed Chillies	TOMATO KETCHUP		HIGHLY SPICED MEATS ITALIAN SPAGHETTI DISHES		CHILI CON CARNE		
Turmeric	CREAM SOUPS MANY PICKLE PRODUCTS	TO COLOUR DRESSING	SCRAMBLED EGGS	FISH CHOWDERS SALMON SHRIMP TUNA	SPANISH RICE	BASTING SAUCES MARINADES	

Spice	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Apple Pie Spice							APPLE PIE FRUIT PIES BAKED APPLE
Chili Powder	AVOCADO DIPS SPLIT PEA SOUP TOMATO SOUP PEPPER POT CHOWDERS	CHILI DRESSING FRENCH DRESSING	HAMBURGER MEAT LOAF BOILED EGGS SCRAMBLED EGGS OMELETS	SHRIMP CRAB SEAFOODS CHICKEN & RICE	CARROTS EGG PLANT GREEN PEAS RICE TOMATOES CHILI CON CARNE	COCKTAIL SAUCE GRAVIES	
Curry Powder	TOMATO JUICE SALTED NUTS FISH CHOWDERS MUSHROOM SOUP TOMATO SOUP SPLIT PEA SOUP OYSTER SOUP	EGG SALAD FRUIT SALADS MAYONNAISE FRENCH DRESSING	BEEF STEW LAMB STEW DEVILLED EGGS HARD COOKED EGGS	BAKED FISH BOILED FISH SHRIMP CRAB TUNA BROILED CHICKEN CHICKEN HASH	CABBAGE SQUASH CARROTS RICE FRIED POTATOES CREAM VEGETABLES SCALLOPED TOMATOES	MEAT SAUCES FISH SAUCES DIPS COTTAGE CHEESE CREAM CHEESE	CURRY PUFFS
Mixed Spice or Pastry Spice							PASTRIES
Pumpkin Pie Spice							PUMPKIN PIE SPICE COOKIES GINGERBREAD

Whole Allspice	SPICED DRINKS, CRANBERRY JUICE, FRUIT PUNCHES, SYRUPS, MEAT SAUCES & GRAVIES, CORNED BEEF, PICKLES, RELISHES, PICKLED BEETS, SPICED FRUITS, BAKED FRUITS, PICKLED FISH.
Whole Cinnamon	HOT TEA, HOT COFFEE, HOT CHOCOLATE, SWIZZLE STICK BEVERAGES, SMOKED PORK, CORNED BEEF, SWEET PICKLES, CHUTNEY, PICKLED BEETS, RELISHES, COOKED DRIED FRUITS, PICKLED FRUITS.
Whole Cloves	CRANBERRY JUICE, SPICED CIDER, HOT FRUIT PUNCHES, MEAT SAUCES, BEEF, HAM, FISH, CORNED BEEF, PICKLES, RELISHES, CHUTNEY, SPICED MARMALADES & JELLIES, PICKLED BEETS, SPICED FRUITS, SHRIMP.
Whole Ginger	GINGER BEER, HOT DRINKS PICKLED FRUITS, PRESERVES, CHUTNEY.
Whole Nutmeg	GRATE OVER EGGNOGS, PUNCHES, GRATE OVER DESSERTS, BAKED APPLES, APPLE SAUCE CREAM FILLING, CUSTARDS, FRUIT PIES. GRATE OVER SPICE CAKES, FRUIT CAKES, COFFEE CAKE.
Whole Black Pepper	USED IN PEPPER GRINDERS. USE IN FISH BOUILLON, CORNED BEEF, STEWED CHICKEN PICKLED MEATS, PICKLED FISH, STEWS, POT ROAST, MARINADES & SAUCES. PICKLES
Whole Red Pepper	USE IN PEPPER GRINDERS. USE IN SOUPS, COURT-BOUILLON, FISH & CHICKEN SOUPS PICKLED FRUITS, PICKLED VEGETABLES, PICKLED MEATS, PICKLED FISH.
Whole White Pepper	PICKLES, RELISHES, HOT SAUCES

Herbs	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Basil	SEAFOOD COCKTAIL TOMATO JUICE BEAN SOUP MINESTRONE SOUP TOMATO SOUP PEA & TURTLE SOUP	EGG SALAD FRUIT SALAD MIXED GREEN CUCUMBER RUSSIAN DRESSING	HAMBURGER SAUSAGE BEEF STEW LAMB STEW OMELETS SCRAMBLED EGGS	FRIED FISH BROILED FISH SWORDFISH SHRIMP, LOBSTER CHICKEN TURKEY	ASPARAGUS ONIONS PEAS POTATOES SQUASH TOMATOES	SPAGHETTI SAUCE BUTTER SAUCE MARINADES COTTAGE CHEESE CREAM CHEESE	FRUIT COMPOTES
Bay Leaves	TOMATO JUICE GAME SOUPS CHOWDERS VEGETABLE SOUP	POTATO SALAD PICKLES	STEWES POT ROAST SHISH KEBOB SPARERIBS WILD GAME	POACHED SALMON POACHED HALIBUT PICKLED FISH SHRIMP CLAMS	BEEF CARROTS POTATOES TOMATO RICE	SPAGHETTI SAUCE TOMATO SAUCE SOUP CREAM SAUCE	CUSTARDS
Chervil	CANAPES CHEESE DIPS CHICKEN SOUP SPINACH SOUP VEGETABLE SOUP	CAESAR SALAD GREEN SALADS POTATO SALAD COLE SLAW FRENCH DRESSING	GROUND MEATS STEWES OMELETS SCRAMBLED EGGS	ALL KINDS OF FISH GARNISH FOR GAME, POULTRY	ASPARAGUS CARROTS PEAS TOMATOES SPINACH	TARTAR SAUCE BUTTER SAUCE CREAM SAUCE CHEESE SPREADS CREAM CHEESE	
Chives	CANAPES GARNISH DIPS SOUPS SEAFOOD COCKTAIL VICHYSOISE SOUP	GREEN SALADS TOMATO SALADS VEGETABLE SALADS	BEEF, GAME, LAMB, PORK, VEAL OMELETS	POULTRY DISHES	CARROTS GREEN BEANS POTATOES PEAS CREAMED VEGETABLES TOMATOES	MANY SAUCES HOT GRAVIES CREAM CHEESE COTTAGE CHEESE CHEESE SPREADS	

Herbs	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Italian Seasoning	BEAN SOUP MINESTRONE TOMATO, VEGETABLE	TOSSED SALAD MOST DRESSINGS	MEAT LOAF POT ROAST STEW		LIMA BEANS ONIONS PEAS	ITALIAN DISHES PIZZA	
Marjoram	CHEESE DIP LIVER PATE OYSTEW STEW CLAM CHOWDER ONION SOUP CHICKEN NOODLE TOMATO SOUP MOCK TURTLE	MIXED GREEN FRUIT SALAD CHICKEN SALAD SEAFOOD SALAD	BEEF, PORK, VEAL POT ROAST STEW OMELETS SCRAMBLED EGGS WELSH RAREBIT	BAKED FISH SALMON LOAF SHRIMP, CRAB, CLAMS, TUNA POULTRY STUFFING DUCK, GOOSE	CORN BEANS CARROTS PEAS SPINACH TOMATOES	SPAGHETTI SAUCE MEAT GRAVIES BROWN SAUCES FISH SAUCES SOUR CREAM SAUCE SOUFFLES	BISCUIT DOUGH HERB BREADS
Mint	CRANBERRY JUICE FRUIT CUP MINT TEA FRUIT PUNCH JULEPS BEVERAGES	COLE SLAW FRUIT SALAD MIXED GREEN JELLY SALADS	LAMB HAM VEAL HAMBURGER	WHITE FISH CODFISH GARNISHING MOST POULTRY	CABBAGE CARROTS PEAS POTATOES	LAMB SAUCE MINT SAUCE COTTAGE CHEESE CREAM CHEESE	APPLE SAUCE MELONS PEARS FRUIT SYRUPS CUSTARDS ICE CREAM
Oregano	PIZZA VEGETABLE JUICE ITALIAN DISHES TOMATO JUICE BEEF SOUP TOMATO SOUP VEGETABLE SOUP	TOMATO SALAD GREEN SALADS POTATO SALAD	STEW MEAT LOAF SWISS STEAK GROUND BEEF SAUSAGE EGGS OMELETS	SHELL FISH HALIBUT, STEAK POULTRY STUFFING PHEASANT	BEANS PEAS POTATOES ONIONS SPINACH TOMATOES	GRAVIES MEAT SAUCES SPAGHETTI SAUCE SPANISH SAUCE TOMATO SAUCE CHEESE SPREAD	ROLLS

Herbs	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Parsley	CHEESE DIPS GARNISH SOUPS	TOSSED SALAD COLE SLAW POTATO SALAD	BEEF, PORK OMELETS SCRAMBLED EGGS	GARNISH ON MOST FISH POULTRY STUFFING	MOST VEGETABLES	BUTTER SAUCE MARINADES COTTAGE CHEESE	BISCUITS MUFFINS HERB BREADS
Poultry Seasoning	CONSUMME CHICKEN SOUP	CHICKEN SALADS	HAMBURGER MEAT LOAFS CROQUETTES PORK & VEAL	FISH STUFFING CHICKEN DISHES WILD FOWL	FRIED ONIONS		DUMPLINGS BISCUITS CORN BREAD
Rosemary	FRUIT CUP PEA SOUP CHICKEN SOUP TURTLE SOUP CHOWDERS	FRUIT SALADS CHICKEN SALAD POTATO SALAD	ALL MEATS STEW RABBIT OMELETS SCRAMBLED EGGS DEVILLED EGGS	FISH STUFFING CREAMED SALMON PARTRIDGE, DUCK FRICASSEED CHICKEN POULTRY DRESSING	CARROTS MUSHROOMS PEAS POTATOES SPINACH SQUASH	GAME SAUCES MARINADES BROWN SAUCES TOMATO SAUCE CHEESE SAUCE	FRUIT COMPOTES MUFFINS BISCUITS HERB BREADS CORN BREADS
Sage	CHEESE DIPS CHOWDERS CREAM SOUPS CONSUMME VEGETABLE SOUP	GREEN SALADS FRENCH DRESSING	ROAST BEEF HAMBURGER MEAT LOAF STEW SAUSAGES RABBIT	BAKED FISH SOLE FISH STUFFING DUCK, GOOSE POULTRY	BEETS BRUSSEL SPROUTS CARROTS LIMA BEANS ONIONS PEAS TOMATOES	CREAM SAUCES CHEESE SAUCES BROWN SAUCE MEAT GRAVIES COTTAGE CHEESE CREAM CHEESE	DUMPLINGS BISCUIT DOUGH

Herbs	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Savory	TOMATO JUICE VEGETABLE JUICES LIVER PASTE CONSOMME BEAN SOUP LENTIL SOUPS POTATO SOUP CHOWDERS	TOSSED SALAD BEAN SALAD POTATO SALAD TOMATO SALAD VEGETABLE SALAD	HAMBURGER LAMB, VEAL, STEWS POT ROAST SPARE RIBS OMELETS SCRAMBLED EGGS DEVILLED EGGS	BAKED FISH BROILED FISH CRAB CHICKEN LOAF POULTRY STUFFING DUCK, SQUAB	ASPARAGUS ARTICHOKES BEETS BEANS CABBAGE PEAS, RICE SAUERKRAUT	BARBECUE SAUCE TARTAR SAUCE MEAT SAUCES GRAVIES HORSERADISH CREAM CHEESE	STEWED PEARS DUMPLINGS BISCUIT DOUGH HERB BREAD
Tarragon	VEGETABLE JUICE CHEESE SPREADS LIVER PASTE STUFFED EGGS CHOWDERS	MIXED GREENS CHICKEN SALAD FRUIT SALAD COLE SLAW TARRAGON VINEGAR	STEWES, ROASTS, PORK CHOPS SCRAMBLED EGGS OMELETS	LOBSTER, CRABS TUNA, PHEASANT CHICKEN LIVERS BROILED CHICKEN	ASPARAGUS CABBAGE CAULIFLOWER BEETS POTATOES	TARTAR SAUCE POT GRAVY MUSTARD CHEDDAR CHEESE COTTAGE CHEESE	
Thyme	TOMATO JUICE COCKTAIL CANAPES GUMBO VEGETABLE SOUP	COLE SLAW TOMATO SALAD OLIVE OIL DRESSING	STEWES CHIPPED BEEF LAMB, PORK MEAT LOAF PORK CHOPS	CLAM CHOWDER SHELL FISH COD, HALIBUT ALL POULTRY POULTRY STUFFING	BEAN, BEETS CARROTS, ONIONS SPINACH TOMATOES POTATOES	SEAFOOD SAUCES SPAGHETTI SAUCES COTTAGE CHEESE CREAM CHEESE	CUSTARDS BISCUITS WAFFLES DUMPLINGS

Seeds	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Anise Seed	CRACKERS CREAM SOUP	FRUIT SALADS VEGETABLE SALAD COLE SLAW PIZZAS	STEWES	STEAMED COD CRABS SHRIMP	BEETS CABBAGE CARROTS	FISH SAUCES COTTAGE CHEESE CANDY	COOKIES ANISE CAKE STEWED FRUITS FRUIT PIES SWEET ROLLS COFFEE CAKES
Caraway Seed	CANDY MOST SOUPS	COLE SLAW POTATO SALAD TOMATO SALAD	PORK, LIVER GOULASH STEWES EGGS OMELETS	CLAM CHOWDER TUNA CASSEROLE ROAST GOOSE	BEETS RICE SQUASH SAUERKRAUT CABBAGE FRENCH FRIED POTATOES	MANY CHEESE DIPS	BAKED APPLES SEED CAKE ROLLS RYE BREAD
Cardamon Seed	FRUIT CUP PEA SOUP HONEYDEW MELON	ORANGE SALAD	MEAT BALLS SPARERIBS ROAST PORK, HAM			MEAT SAUCES FISH SAUCES	DANISH PASTRY BUNS, COOKIES COFFEE CAKE
Celery Seed	TOMATO JUICE DIPS BOUILLON CREAM CELERY	COLE SLAW EGG SALADS SALAD DRESSING POTATO SALAD	GROUND MEAT HAMBURGER SCRAMBLED EGGS OMELETS	FISH STUFFING POULTRY STUFFING	CABBAGE SCALLOPED POTATOES SAUERKRAUT TURNIPS	BBQ SAUCE FISH SAUCE CHEESE	HERB BREADS ROLLS SALTY BREAD
Coriander Seed	LENTIL SOUP PEA SOUP		MEAT LOAF MEAT BEEF STEW OMELETS	BAKED FISH BROILED FISH SHRIMP GAME BIRD STUFFING	BEETS, PEAS POTATOES	CURRY SAUCE CHEDDAR CHEESE CREAM CHEESE	APPLE PIE PUDDING BREAD PUDDING COFFEE CAKE DANISH PASTRY GINGER BREAD
Cumin Seed	TOASTED CRACKERS CANAPES		SAUSAGES SHISH KEBABS SCRAMBLED EGGS OMELETS		CARROTS BEETS CABBAGE POTATOES RICE	MEAT SAUCES COTTAGE CHEESE	FRUIT PIES SUGAR COOKIES BREAD STICKS RYE BREAD

Seeds	Appetizers & Soups	Salads & Dressings	Meat & Eggs	Fish & Poultry	Vegetables	Sauces & Cheese	Desserts & Baked Goods
Dill Seed	CANAPES	COLE SLAW POTATO SALAD MAYONNAISE SOUR CREAM	CORNER BEEF LAMB STEW LAMB CHOPS	COURT- BOUILLON SHELL FISH	GREEN BEANS CABBAGE SQUASH TURNIPS PICKLES	GRAVIES MEAT SAUCE BLEND WITH BUTTER COTTAGE CHEESE CREAM CHEESE CHEDDAR CHEESE	RYE BREAD BREAD DOUGH
Fennel Seed		POTATO SALAD	MEAT BALLS MEAT LOAF ROAST PORK SAUSAGE	COURT- BOUILLON FISH SHRIMP	ARTICHOKES MACARONI SQUASH PICKLES	TOMATO SAUCE SPAGHETTI SAUCE	APPLE PIE
Mustard Seed		COLE SLAW SALAD GREENS POTATO SALAD VEGETABLE SALAD	SPICED MEATS BOILED BEEF CORNER BEEF	SHRIMP CLAMS FISH	CABBAGE SAUERKRAUT BEETS ASPARAGUS SQUASH PICKLES	GRAVIES MEAT SAUCES	
Poppy Seed		FRUIT SALAD VEGETABLE SALAD TOSSED GREENS FRENCH DRESSING	SCRAMBLED EGGS		CARROTS BRUSSEL SPROUTS PEAS SPINACH TURNIPS POTATOES	COOKED NOODLES COOKED RICE CHEESE SAUCE	YEAST BREADS ROLLS COFFEE CAKE CAKE BATTER COOKIE DOUGH
Sesame Seed	CANAPES		HAMBURGERS MEAT BALLS	BROILED FISH BAKED FISH CRAB, LOBSTER SHRIMP ROAST CHICKEN POULTRY STUFFING	CABBAGE CARROTS BEANS NOODLES POTATOES RICE SPINACH	CHEESE DIPS CHEESE SPREADS	BISCUITS BREAD ROLLS SCONES

Arrowroot	Arrowroot is a superb quality starch which has a neutral flavour and does not mask or alter natural flavours. It can be used to produce sauces and pastes of excellent clarity. This translucent quality makes arrowroot very desirable as a thickener in fruit sauce, pie filling, puddings and salad dressings.
B-B-Q Spice	A blend of fine spices with a multitude of uses — designed for outdoor cooking. Adds that special flavour to Hamburgers, meat patties, steaks, chops, fish and fowl. Improves appearance by giving added colour. Try also in gravies.
Butter Salt	The flavour of butter without using butter. This is a butter flavour which has been blended with salt. Can be used on corn on the cob, and other fresh vegetables, such as potatoes, beets and carrots.
Celery Pepper	A blend of ground celery seed and fine quality pepper.
Celery Salt	Use in cole slaw, ham spread and chicken croquettes. Use also with vegetables such as cauliflower. Very nice with scallops, or oyster stew.
Charcoal Seasoning	Rubbing well into meat imparts that "out-of-doors" flavour to steaks, chops and hamburger.
Cream Tartar	An acid salt, which combined with bicarbonate of soda in solution produces the leavening gas used to make the batter or dough rise. Cream of Tartar and baking soda are used in many recipes in place of baking powder.
Garlic Pepper	A blend of garlic powder and fine quality black pepper. Use to garnish and flavour in one step. Season to taste.
Garlic Powder	Use in bean soup, chicken soup, split pea soup, chili con carne, chicken pot pie, meat balls, beef stew, salami sausage, macaroni and cheese, pizza sauce; in fact all meat, fish and vegetables.
Garlic Salt	Use in a clam dip, tomato salad, cucumber salad, vegetable soup, tomato casseroles, roast lamb, fried liver, stew, eggs. Use also when making garlic butter.
Horseradish Powder	Rehydrate by adding 2 parts water to 1 part horseradish powder. Make your own horseradish sauce. Use for fish sauces, seafood cocktails, spreads, vegetable salads, seafood salads. Add to meat sauces of beef, pork and lamb.

Lemon Peel	1 teaspoon equals ½ teaspoon lemon extract. Add to dough of muffins, rolls, breads. Use with cakes and cookies.
Lemon Pepper	A blend of fine spices with a predominance of lemon and pepper. The tangy flavour perks up the taste of salads, meats, fish and vegetables.
Minced Garlic	1/8 teaspoon equals 1 garlic clove. Use in soups, stews, sauces, marinades, ravioli and spanish rice.
Minced Onion	1 tablespoon equals 1 medium sized onion. Good in soups, salads, meat dishes, sauces, gravies, stuffings, canapes, relishes, omelets, ravioli, meat loaf. Can be added dry to any mixture which contains enough liquid to let the minced onion soften.
M. S. G.	Monosodium Glutamate is a natural salt found in most vegetable and protein foods, but not in sufficient quantities to affect the flavour. By adding M.S.G. in conjunction with common table salt, it enhances the flavour by making the flavour more pronounced. It could be described as making meat <u>meatier</u> and fish <u>fishier</u> .
Mushroom Salt	Add to stews, goulashes, meat loaf, fish, oyster stew. Use in croquettes made from meat, chicken or fish. Good in casseroles. Bolsters cream type soup. Good in sauces such as cream, spaghetti and pizza. Good also in gravies.
Dry Mustard	Add ¼ teaspoon to cream type soups. Good with ham spread, Virginia ham, crab, lobster, baked beans, cheese omelets, egg salads. Good also in gingerbread and cookies.
Green Onion	Green onion is similar to chives. Use with cream cheese or sour cream dip. Use as a garnish on canapes. Use in all salads and many sauces. Good in a stuffing for fish or meat. Sprinkle over steaks, chops and roast.
Onion Pepper	A blend of onion powder and fine quality black pepper. Use to garnish and flavour in one step. Season to taste.
Onion Powder	1 tablespoon equals 1 medium sized onion. An excellent seasoning for soups, stews, gravies, sauces, meat dishes. Use with asparagus soup and tomato soup. Add to your relishes, pickles and salad dressing. It is good with all meats, poultry and vegetables.
Onion Salt	It provides a distinctive flavour when added to meat, sauces and gravies. Try onion salt in scalloped potatoes and hamburgers. Sprinkle over broiled meat, tossed green salads. Stir into mashed potatoes and other vegetables. Very good with fried shrimp. In ground meats use 1 teaspoon to one pound of ground meat.
Toasted Onion	Use with sour cream, cheese, cream cheese, cottage cheese. Use on tossed salads, cole slaw, potato salad. Use as a topping on casseroles. Blend in with scrambled eggs.

Orange Peel	Two teaspoons Orange Peel equals 1 teaspoon orange extract. Add 1 teaspoon to muffin batter, bread, sweet rolls, shortcake, coffee cake, date bread, nut bread. ADD TO GLACES FOR MEATS AND POULTRY.
Salad Seasoning	Blend in or sprinkle on all types of salads. Add to oil and vinegar dressings. Use on egg dishes and cooked vegetables.
Seafood Seasoning	Has a lemon flavour which is so compatible with all seafoods. Sprinkle on while cooking or garnish at time of serving.
Seasoned Meat Tenderizer	Use one half teaspoon to one pound meat. Sprinkle over surface of meat evenly, pierce the meat with a fork to allow meat tenderizer throughout the meat. Allow one hour for each inch of meat before cooking. When used with poultry, rub into cavity.
Seasoning Salt	Season chicken soups. Good on hamburgers, steaks and chops. A new taste experience when used on cold meats. Use in gravies. Try with egg dishes such as omelets and scrambled eggs. Also good on fish dishes. Blend into oil dressings.
Steak Spice	As the name of the product suggests, a fine quality, specially blended to complement steak prepared in any manner. It can be enjoyed on other meats as well.
Sugar and Cinnamon	A blend of sugar and cinnamon for those who enjoy cinnamon on toast.
Unseasoned Meat Tenderizer	Use one half teaspoon to one pound meat. Sprinkle over surface of meat evenly, pierce the meat with a fork to allow meat tenderizer throughout the meat. Allow one hour for each inch of meat before cooking. When used with poultry, rub into cavity. Unseasoned, so that you can use your own.
Vinegar Seasoning	A dry flavoured vinegar, which allows you to sprinkle over products such as fish and chips, french fries or other products on which you use vinegar. It gives you convenience without being messy.

